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Your Navy Starts Here

September 12, 2003

Navy CPO Pride Day takes Windy City by storm

By JOC RHONDA BURKE
Great Lakes Public Affairs

Navy Chief Petty Officer selectees took the Windy City by storm Sept. 8 as they demonstrated their pride during a day-long visit to the City of Chicago.

The 130 selectees, accompanied by 85 chief petty officers, visited eight Chicago landmarks and heard the personal stories of two Medal of Honor recipients. They also delivered Beanie Baby Hero Bears, donated by the USO, and smiles to veterans at the Chicago Westside VA Hospital.

The daylong event, which is slated to become a Great Lakes tradition, was modeled after similar events that selectees experience in the City of Boston as part of the USS Constitution CPO Pride week. "We wanted to give the selectees part of the Boston experience, since just a few are able to attend that event every year," said DCCS(SW) Robert Tadej, of Recruit Training Command.

"The event is a success if the selectees feel they have learned something about the history of Chicago and the history of the Armed Forces. Having the opportunity to talk to those who have served the nation before us, reminds us all of our commitment to the nation and to freedom."

Chicago Chief Pride Day began with morning colors at historic Navy Pier. A khaki color guard paraded the colors while selectees, joined by the chief petty officer sponsors and support personnel, sang the

— See **CPO PRIDE** page 20



DCCS(SW) Robert Tadej and HMCS Dan Rodgers leads 130 Chief Petty Officer selectees down Navy Pier for morning colors, on Sept. 8. During the first Chicago CPO Pride Day the selectees and 85 chief petty officers marched through the City of Chicago visiting historical sites and veterans at the Westside VA Hospital. For more photos of Great Lakes' newest chief selectees, see today's centerspread. Photo by JOC Rhonda Burke

Moran to take helm of RTC

Capt. Michael L. Moran will relieve Capt. Wardell C. "O.W." Wright, Sr. as commanding officer of Recruit Training Command, Great Lakes in a traditional change of command ceremony Sept. 13, at the North Porter Parade Field at RTC beginning at 10 a.m. The ceremony's guest speaker is Adm. William J. Fallon.

Wright will retire after serving 38 years in the Navy. He has been commanding officer of the Navy's only boot camp since Dec. 8, 2001. Moran reports to Great Lakes from his previous assignment as Operations

Officer for Commander, Carrier Group SEVEN, embarked in *USS John C. Stennis* (CVN-74). Wright enlisted in the U.S. Navy in 1965 in San Antonio, Texas.

He was commissioned as a Limited Duty Officer in 1976. His operational assignments include the *USS Benewah* with the Mobile Riverine Forces and the *USS Ashville* in the Republic of Vietnam. He completed department head tours with Amphibious Squadron Five, *USS Midway*,

— See **RTC** page 3



Capt. Michael L. Moran



Capt. Wardell C. Wright, Sr.

Future success of Sailors is addressed by MSC admiral

By ELIZABETH C. MARTINEZ
Training Support Center

When Vice Adm. David Brewer, Commander, Military Sealift Command visited Training Support Center, Great Lakes (TSC) last week he attended a luncheon joined by 20 other Sailors and brought his own personal and Navy experiences to the table.

As the admiral sat down at the center of the table, he began making the students feel

more at ease by talking about football and baseball. After everyone felt more relaxed, the admiral began sharing his thoughts on how each Sailor can achieve success in life.

"It is important to start planning for your future," said Brewer. "The life expectancy at the turn of the 19th century was 35-40, and now it is between 75-80, and who knows, in 20 years it could be 100, so invest in your future now."

— See **FUTURE** page 2

Memorial services pay tribute to Sept. 11 victims

By JUDY R. LAZARUS
Bulletin Associate Editor

Great Lakes paid tribute yesterday to those who lost their lives in the terrorist attacks of Sept. 11, 2001.

A remembrance ceremony was held at Recruit Training Command for recruits and staff members and their families, with brief remarks by RTC staff chaplain John

Kalantziz. "This was for the benefit of our recruits, to inspire them in their service to our country," said the chaplain.

A performance by Charlie Daniels, as part of the "Spirit of America" tour, was included in the ceremony, which was organized by the Morale, Welfare and Recreation Department.

— See **MEMORIAL** page 2

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Now hear this! HRT to be discussed

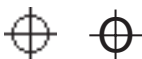
Hormone replacement therapy, or HRT, is taken by 14 million US women. Join the Breast Education Center as they welcome Dr. Mohina Gupta, who will discuss the issues that surround HRT and will take questions and address concerns on Sept. 23 from 11 a.m.-noon in the 1E Conference Room in the Naval Hospital. For information, call the Breast Education Center at (847) 688-2554.

'Weetalk 'n' Sing' offered here

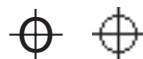
Program helps hearing babies, parents
SEE PAGE 2

Find out what's happening at Great Lakes!

Visit the Great Lakes official web-sites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil



CYAN RED YELLOW BLACK



FUTURE

(Continued from page 1)

His message during lunch focused on three main topics; financial management, reading to increase personal knowledge and a healthy lifestyle.

As the admiral talked about finance, he mentioned investing in the Thrifts Savings Plan, a retirement savings plan for members of the uniform service and civilian military members. He used different examples to describe how much money each Sailor could save by the time they retire. He recommended to everyone to read *The Millionaire Next*

Door, a book about smart investing, which is what his father read and passed on to him.

During the lunch Brewer recommended another book, *Body for Life*, which helped him reach his own personal health and fitness goals.

MR1 Patrick Murphy, MR “A” School instructor, said the admiral’s message was beneficial to the students because it reinforced much of the advice that he has given students along the way.

“I believe all three topics the admiral dis-

cussed are equally important, and I especially agree that reading is essential to increase one’s knowledge,” said Murphy. “I always encourage my students to read their tech book thoroughly and any other book that will help them become successful.”

“The admiral passed on knowledge that he has gained throughout his years in the Navy to the students, so this really helped the students envision where they could be if they begin investing in their future now,” said Murphy. “Hopefully what they learned

during the admiral’s visit will make a difference in their lives.”

“This was the first I’ve had the opportunity to actually sit down with a vice admiral,” said Damage Control Fireman Jason Cash, from Nirto, W. Va. “He showed that there are opportunities out there to become more educated, we just need to go out and seek them.”

In his closing comments, he stated how the three topics discussed during the luncheon have made a positive impact on his own life.

Youth Center ‘sign’ class helps youngsters ‘talk’

Lessens frustration for parents and infants

By JUDY R. LAZARUS
Bulletin Associate Editor

Using sign language to express their needs cuts down on frustration for hearing infants and for their parents as well.

“Milk,” “more,” and “eat,” are the early signs taught in “Weetalk ‘n Sing” a new Great Lakes Youth Center class to be held Oct. 1- Nov. 12 (with no class on Oct. 15). The first six-week session takes place for caregivers and tots on Wednesdays from 9:45 to 10:15 a.m.

Infants, from seven to 24 months, are taught to talk with their hands during the class which focuses on singing songs, playing games, and blowing bubbles.

“We teach parents to say the word along with the sign,” explained Susy Grayson, who began by teaching classes at the Libertyville Park District with two friends. They made up their own curriculum and Grayson took a sign language class.

In sixth grade she became fascinated with signing when visitors came to the classroom and performed the alphabet and a Muppet song in sign. And in the early ‘90s, Grayson viewed a clip on TV about babies signing before they can speak.

“Children really do learn it,” she said, adding that it often depends on the parents and how conscientious they are about doing it.

“You just make it a part of your everyday life,” Grayson said. “It’s meant to make life easier. It’s amazing to me how clearly a child can communicate through signing,” she said. “It completely reduces frustration.”

“We don’t start earlier than seven months because parents might get discour-

aged if they don’t have success at that early age.”

As classes progress, additional words - “book,” “shoes,” toilet,” “sleepy,” mommy,” “daddy,” “sister” - are taught.

Grayson, whose daughter Jenna, 4, and son James, almost 2-1/2 learned signing when they were infants, emphasized that this method does not slow up a child’s speaking: “It’s considered another language,” she said. “It gets their brain activated.”

For further information, call Grayson at (847) 977-9796.

Top 10 reasons to sign with your child

- 10 - Less crying and whining.
- 9 - Happier “wee-ones.”
- 8 - Less stress and frustration for both of you.
- 7 - Anyone can understand your “wee-one” before he/she can speak.
- 6 - Research shows higher IQ.
- 5 - Often speak sooner than monolingual peers.
- 4 - “Wee-ones” can initiate a “conversation.”
- 3 - Fun and natural part of everyday life.
- 2 - Promotes learning, reading, singing, etc.
- 1 - Pure amazement that you can “speak” with your child before they can verbalize their thoughts.

Susy Grayson

MEMORIAL

(Continued from page 1)

Training Support Center’s service in the Bluejacket Memorial Chapel featured remarks by Capt. John Reichl, commanding officer, TSC, and Cmdr. Enoch “Army” Siegel of the Chaplain Department, as well as a performance by Navy Band Great Lakes.

“Our service is being held to memorialize those who lost their lives on September 11 and also the service men and women who have given their lives in Afghanistan and Iraq,” said Chaplain Robert Crallo of TSC.

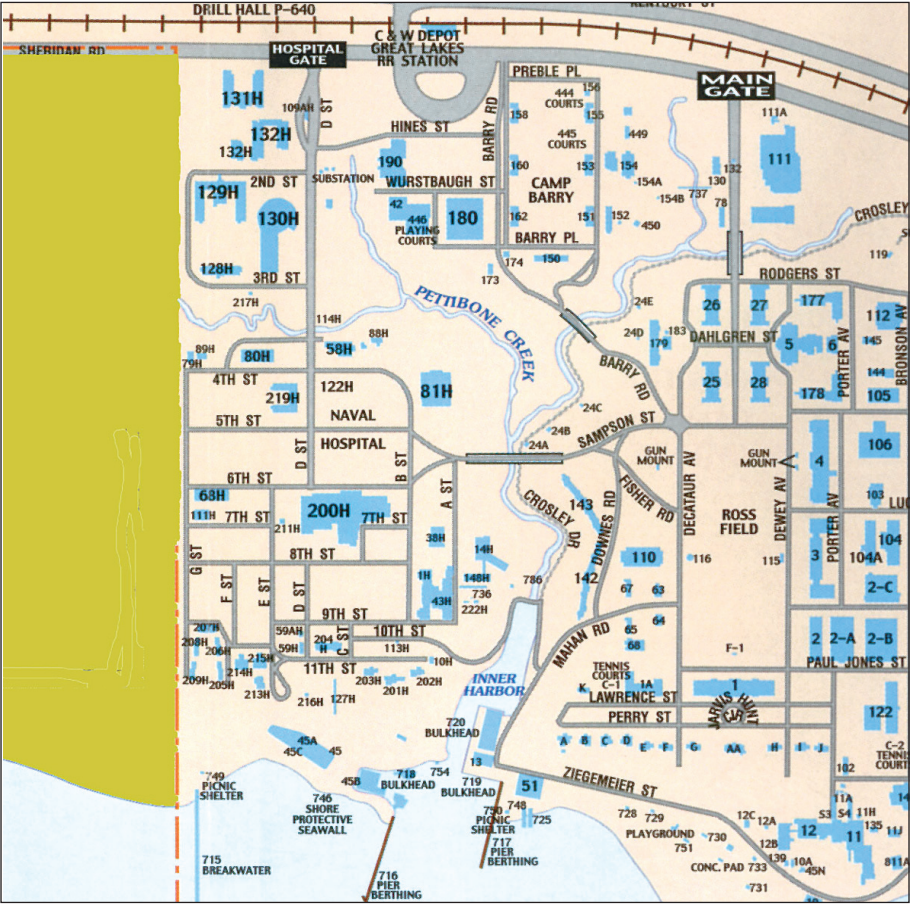
Capt. Terry Wilson, Naval Reserve Center Chicago, delivered brief remarks at the Reserve Center’s commemoration ceremony at Bldg. 190.

Names of those killed in the terrorist attacks were read, including that of Lt. Cmdr. Pat Murphy. The officer, who drilled

at the reserve center, was performing his annual active duty for training at the Navy’s Strategy and Planning Office in the Pentagon on Sept. 11. Eight members of the Murphy family attended the event.

A ceremony, which was held in the multi-purpose room of Hospital Corps School for staff and students, was broadcast live throughout the school’s classrooms. Remarks were delivered by HMCS Scott Scofield, head of the Resource Management Department.

Naval Station Commanding Officer Capt. Kathryn Hobbs spoke at a memorial service at the Lake County Courthouse on Thursday morning. Great Lakes police and fire departments were represented at the event along with other law enforcement and fire agencies throughout Lake County.



Road closures

On Sept. 15, excavation will begin to install a 12-inch diameter water main pipe involving D St., and the hospital gate turn lane from Sheridan road. The schedule will be: Phase 1 - Hospital gate turn lane and drop-off lane at D St. will be closed to vehicles and pedestrians from Sept. 15-18. Phase II - The inbound lane, north of the guard shack, will be closed from Sept. 19-22. Phase III - the drop-off lane and intersection of D St. will be closed from Sept. 22-24. Phase IV - Outbound lane of D St., between 2nd St., and 3rd St., will be closed to vehicles only from Sept. 24-Oct. 1. As alternate routes, use the main gate or go through Camp Barry on Hines St. For more information, call Curt Wallace at (847) 815-0126.

Ask the NAVSTA XO

Those at Great Lakes who wish to do so are invited to “Ask the Naval Station Executive Officer.”

If you have a question that you feel is important to the Great Lakes community, submit questions by going to the Naval Station website at www.nsgreatlakes.navy.mil, and clicking on the “Ask the Naval Station XO” link on the main page. In addition, those who wish to do so may call in their questions by dialing (847) 688-6880. All e-mails and calls must include the sender’s or caller’s name, and phone number. This is important so that, if it is needed, follow-up information can be gathered.

A variety of questions which are of general interest to the Great Lakes community will be published in the *Great Lakes Bulletin*.



Cmdr.
Hank Roux, Jr.

Great Lakes Bulletin

The Bulletin is a copyrighted publication.

Rear Adm. Ann RondeauCommander
Lt. Cmdr. Scott AllenAsst. Chief of Staff for Public Affairs
Jeffrey P. BrownEditor

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PRT approaching - don't wait until last minute

By **ELIZABETH C. MARTINEZ**
Training Support Center

All Sailors are expected to participate in a Physical Readiness Test (PRT) two times a year, once in the spring and once in the fall, and that time will be approaching in October. The purpose of PRT is to promote the physical fitness and health of each Sailor.

Prior to participating in the PRT, all Sailors will be required to undergo a physical assessment done by a doctor to ensure they are healthy. This will allow Sailors to take part in both PRTs and ensure their safety during the test.

"The physical health assessment needs to be done to ensure that Sailors are physically healthy enough to participate in the PRT," said Lt. Matthew Widelski, military standards and leadership director.

BMC Daniel Molitor, PRT coordinator and command fitness coordinator, believes that the importance of physical fitness should not only be concentrated during these two times, but should be part of a daily routine.

For this reason, Molitor leads an organized physical fitness session five days a week, year-round. This program, which began in May, gives Sailors the benefit of

having a personal trainer and the benefit of a standardized exercise regime. According to Molitor, this usually takes place in building four and on Constitution Field and lasts about an hour.

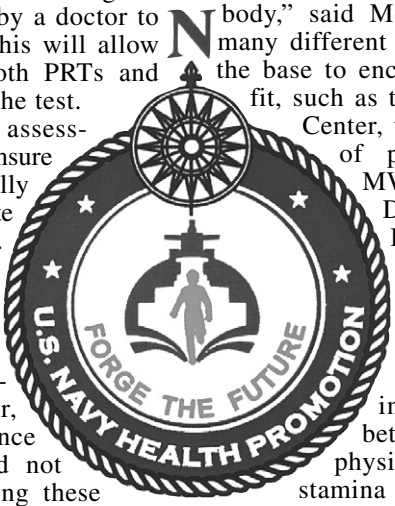
"It is geared to the individuals who want to learn more about basic exercises, stretching techniques, breathing techniques and how to increase stamina," said Molitor. "It's basically extra PT time."

"I believe a healthy body is a better body," said Molitor. "And there are many different resources available on the base to encourage Sailors to stay fit, such as the gyms, the Wellness Center, the track and a variety of programs offered by MWR."

DC1 Richard Simpson, DC "A" School leading petty officer, said that physical fitness plays a major role in his ability to perform his job.

"Our fire fighting ensemble weighs between 30 to 50 lbs and physical fitness gives me the stamina and strength required when it comes to the heat stress involved and managing the weight of the gear," said Simpson.

"Overall, being healthy benefits our mental capacity by allowing us to make better judgment calls," he said.



All Sailors are expected to participate in a Physical Readiness Test (PRT) two times a year, once in the spring and once in the fall, and that time will be approaching in October. The purpose of PRT is to promote the physical fitness and health of each Sailor. Now is the time to begin vigorous preparation for the fall session. Photo by Matt Mogle

Thrift Savings Plan offers catch up opportunity

WASHINGTON (NNS) — Personnel enrolled in the Thrift Savings Plan (TSP) who reach the age of 50 or older during this calendar year can make up to \$2,000 in "catch-up" contributions to their accounts.

These catch-up contributions are supplemental tax-deferred contributions and are made in addition to regular contributions. Eligible participants must be currently contributing the maximum amount allowable into the funds.

Because these contributions are supplemental, they do not count against either the regular TSP contribution (percentage) limits or the IRS elective deferral limit. However, the combination of regular and catch-up TSP contributions cannot exceed the total elective deferral limit.

For example, for 2003, contributions cannot exceed \$14,000 (i.e., the \$12,000 elective deferral limit on regular TSP

contributions, plus the \$2,000 catch-up contribution limit).

The catch-up contribution amount increases to \$3,000 in 2004, \$4,000 in 2005 and \$5,000 in 2006.

Catch up contributions can come only from basic pay, not from any bonus, special or incentive pays. But contributions can be made immediately. You don't have to wait for a TSP open season. Elections will be effective the first pay period after Defense Finance and Accounting Service receives your request.

To designate contribution amounts, civilians should use Form TSP-1-C, Catch-Up Contribution Election, and Sailors should use Form TSP-U-1-C. For more information, see the fact sheet, Catch-Up Contributions at www.tsp.gov.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp.

The following activities have been scheduled by the Great Lakes USO in Bldg. 27, and are open to active duty military, their family members, and reservists. **Registration must be made in person, and all fees paid for the event at that time. There are no refunds. For more information about any of these events, or to register, call center director Rod Stiles at 688-5591.**

The USO is your "Home Away From Home."

The following events have been scheduled by the USO of Illinois, and are available to all active duty military personnel, reservists, retirees, and their families. Those interested in getting tickets to scheduled events must sign up in person and pay for tickets at time of registration.

The USO (United Service Organizations) of Illinois opened their newest facility, their "Home Away From Home" for military personnel and their families at Chicago's Midway Airport. Thanks to the generosity of the CNA Foundation, the Armed Forces visiting Chicago will have a new USO Center in which to relax, have a snack, check e-mail, phone home and generally get oriented.

In March, mere hours into the start of the war in Iraq, the CNA Foundation pledged its support to this new center. "The CNA Foundation is proud to offer our help to America's military community," shared Steve Lilienthal, chairman of the board of the CNA Foundation. "The contribution from the Foundation coupled with CNA employees' voluntary contributions of time and money demonstrate our heartfelt commitment to supporting U.S. troops and their families."

The dedication and ribbon-cutting ceremony took place on Aug. 26, at the new site - located in Midway Airport's new Concourse C. The USO will be joined for the recognition by honored supporters, military guests and government officials, in a celebration of honor and patriotism.

USO HOURS - Currently hours are varied due to the need for volunteers. If you or anyone you know are interested in volunteer opportunities, especially from noon-6 p.m. Monday through Friday, call the Volunteer Coordinator between 1:30-6:30 p.m. at 847-688-5591/5593. The USO Center opportunities include event projects, computer work and hospitality counter. Some "in-rate" help is also needed, including electrical work, boatswain's mate knot work, and Seabee ratings are needed to help with light building assistance.

The USO furniture closet for E1-E4 who needs assistance furnishing their homes is currently fully stocked. If you or someone you know is in need, have them visit the USO and complete a short form. If they have any questions they may call Mark at (847) 688-5591/5593 between 1:30-6:30 p.m. Arrangements must be made by the recipient to transport the items to their home.

The United Service Organizations, known as the USO is a civilian, non-profit organization which serves the needs of military personnel and their families world-wide. The USO does not receive government funds, but is supported by private donations.

RTC

(Continued from page 1)

USS Iowa and USS Theodore Roosevelt.

Ashore, Wright has commanded Naval Amphibious Base, Little Creek, Va., and the Personnel Support Activity at Puget Sound, Wash. Other shore duty assignments have included staff duty with the Commander Pacific Command; Commander Naval Forces Marianas; Joint Chiefs of Staff; Bureau of Naval Personnel; Office of the Secretary of the Army acting as Navy Liaison Officer to the White House, Commander Atlantic Fleet as the Flag Secretary for the Commander and Executive Officer for the Deputy; and as Program Manager, Public Safety, Officer in Charge Anti-Terrorism/Force Protection Task Force, Mid Atlantic Region.

Wright's decorations include the UDT/SEAL Association Medal. He has undergraduate degrees in Personnel Administration and Psychology and a graduate degree in Psychology, all from San Diego State University, San Diego, Calif.

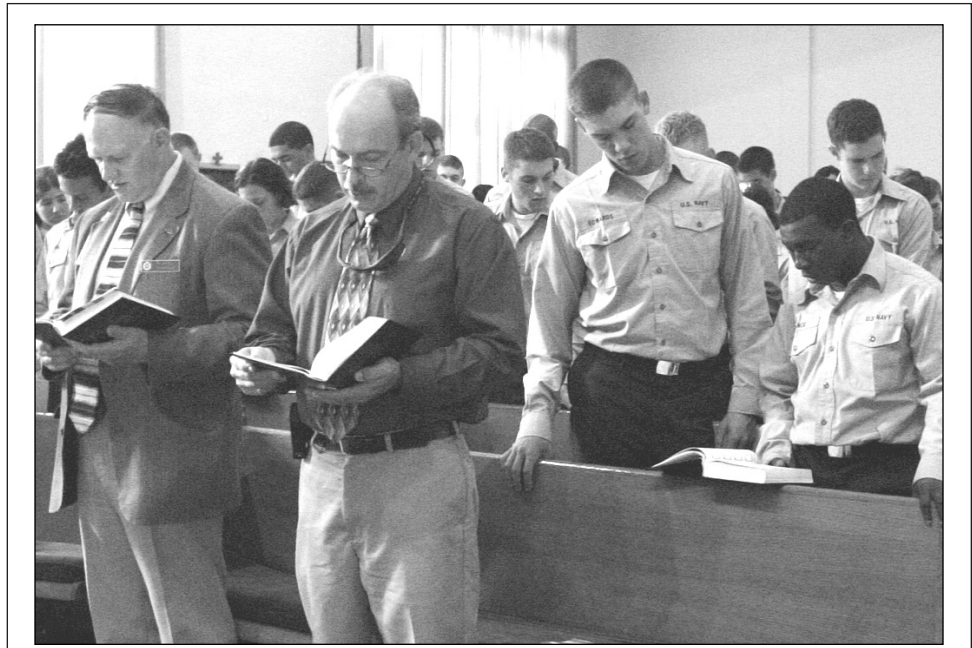
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Moran entered Aviation Officer

Candidate School in 1980 following his graduation from the University of Maryland with a Bachelor of Science Degree in Kinesiology.

He was commissioned an Ensign in October 1980. Upon completion of Naval Flight Officer (NFO) training, he received orders to Tactical Electronic Warfare Squadron 129 (VAQ 129) based at Naval Air Station, Whidbey Island, Wash., where he learned to fly the EA-6B Prowler. In July 1982, he completed training and was assigned to Tactical Electronic Warfare Squadron 132 embarked on USS Dwight D. Eisenhower.

Moran has served as: Surface to Air and Fighter Attrition Branch Head, Commanding Officer of Tactical Electronic Warfare Squadron 134 and on the staff of Commander, United States Naval Forces Europe where he served as the N5 Policy Branch Head. He was one of two Naval Officers selected in 2000 to participate in the Secretary of Defense Corporate Fellowship Program.



Remembering 9/11

Sailors and civilians from Training Support Center Great Lakes and other commands and activities gathered at Bluejacket Memorial Chapel in Bldg. 3 on Sept. 11, 2003 to remember the terrorist attacks which killed thousands of people two years ago in New York City, Washington D.C., and in Pennsylvania. Photo by JO2 Jessica Pearce

Preventive Health Assessment assures force health protection

By LT. CMDR. CAROL ANNE PAPINEAU
Naval Hospital Great Lakes

The mission of Naval Medicine is Force Health Protection. The ability to keep Sailors and Marines healthy, medically ready, and fit to deploy is the key element of Force Health Protection. Each year, medical treatment facilities reviewed medical record and documented any discrepancies.

Although the medical records were marked, often times the member never made it into medical. So year after year medical documented the discrepancies but often there was not a mechanism in place to ensure these discrepancies were resolved and many opportunities for prevention were missed.

This has become evident recently as members geared up for deployment and needed to get the smallpox vaccine but were also delinquent for several other vaccinations, which could not be given at the same time.

In December 2001, OPNAVINST 6120.3 established establishes requirements for the annual Preventive Health Assessment (PHA), an annual face to face assessment for all active duty personnel which consolidates clinical preventive screening tests, immunizations, surveillance of occupational risks, medical record review, and assessment of deployment readiness.

Also provided are counseling that targets the individual member's risk factors and behaviors. medical, occupational health and risk screening services, medical record review, preventive counseling, and risk communication under the umbrella of an annual health assessment. With its emphasis on clinical preventive services, Naval Hospital representatives assert that the PHA truly reinforces Naval Medicine's transition to a health care system based on prevention.

The PHA assesses clinical preventive services that are age and gender specific and evidence-based. Clinical preventive services, includes screening tests (blood pressure, body mass, colorectal cancer, cholesterol, and male and female-specific screening), immunizations, and counseling.

Individualized counseling will be tailored to the member's risk factors and concerns. Members may complete a health risk appraisal (HRA) to help identify their risks. Counseling topics may include, but are not limited to, nutrition/folate; exercise; dental health; injury prevention; tobacco use; alcohol use; other substance, medication, supplement use; skin cancer; heat injury; phys-

ical or sexual abuse; stress; and sexual health and family planning.

Other components of the PHA include assessment of medical readiness for deployment and review for occupational risk surveillance. Members of the health care team will also review the Physical Activity Risk Factor Questionnaire (PARFQ) and will sign and make a copy of the PARFQ for the member to bring back to their Command Fitness Leader.

Here are some frequently asked questions regarding the PHA:

Is the PHA required for line commands and when are all members required to complete their initial PHA?

All active duty Navy and Marine Corps personnel are required to have an annual PHA whether they receive it from the shipboard medical staff or at a shore-based medical treatment facility. The Surgeon General of the Navy and the Assistant Commandant of the Marine Corps signed the PHA instruction in December 2001. Medical commands and clinics are in various stages of establishing their PHA processes. All members need to complete their initial PHA during calendar year 2003.

Does a member need to complete the PHA even if they have answered "no" to all the questions on the Physical Activity Risk Factor Questionnaire (PARFQ)?

Yes, even if a member answers "no" to all the PARFQ questions, they still need to complete the PHA annually. Members of the health care team will review both the PARFQ and medical record for medical conditions that might affect the member's ability to participate in physical conditioning. After January 2004, if the PHA is not completed prior to the PFA, it will result in a failure for that cycle.

The PARFQ/Physical Fitness Assessment (PFA) clearance is only a small part of the PHA. The PHA includes the following (as appropriate based on age, gender, risk factors): blood pressure screening, height and weight measurement, colorectal cancer screening, cholesterol screening, cardiovascular risk factors screening, medical readiness for deployment assessment, immunizations update, occupational risk and surveillance, female-specific health screening (pelvic exam, breast exam, mammography), counseling (diet, exercise, dental health, tobacco, substance abuse, skin cancer prevention, heat-illness prevention, physical and/or sexual abuse, injury prevention, suicide and violence), family planning,

STD prevention counseling contraceptive counseling, medication/supplement use, male-specific health screening (testicular cancer screening), and PARFQ review/PFA clearance.

If a member has answered "yes" to questions on the PARFQ or has identified risk factors for physical conditioning, who can authorize clearance to participate in command sponsored conditioning or the PFA?

Only credentialed medical providers can clear members with identified risk factors.

How does one schedule a PHA appointment?

The Naval Hospital Great Lakes and Branch Medical Clinics (BMC) 237 and 1007 have special appointments set aside

for members to complete the PHA requirement.

The appointments will be available at the place of care the individual is assigned to and where their medical record is kept.

For appointments at the hospital, call TRICARE (800) 941-4501 or the Primary Care Clinic at (847) 688-2255. For BMC 237, call 688-2469, option 2; and for BMC 1007, call 688-6755. Ask specifically for a PHA appointment.

Members need to bring with them to the visit a completed PARFQ and, most importantly, their medical record. The medical record is the property of the U. S. Government and service members are not authorized to keep it in their personal possession at home or in their workspace.



HN Veronica Brown discusses her Preventive Health Assessment with family practice physician Lt. Cmdr. John Elsner. Photo courtesy Naval Hospital Great Lakes

Take a look back at history – Great Lakes' first bandmaster

By ELIZABETH MEDINA
Naval Museum Intern

In 1917, at the height of his career, John Philip Sousa, the most recognized, honored and highest salaried bandsman in the United States, became at age 62, the U.S. Navy's oldest enlistee. Captain Moffett initially invited Sousa to Great Lakes to discuss "band matters" and to recommend a bandmaster. In support of the war effort, Sousa assumed the musical directorship of the Great Lakes Band and accepted a com-

mission as a lieutenant in the Naval Reserves since he had prior commitments with his private band.

Since Sousa was well over the limit for commissioning officers (the age limit was forty-seven at that time) the space for one's age was left blank on Sousa's application essentially giving Sousa an illegal age waiver. When Josephus Daniels, the Secretary of the Navy, questioned Moffett about this, the captain replied innocently, "he certainly doesn't look over forty-seven."

Sousa organized a huge influx of Navy bandsmen into regimental bands while training the musicians for shipboard and shorebased duty. In 1918, Sousa chose the most exceptional of approximately 1,500 musicians under his direction to form a special "touring" band or Band Battalion that toured the world during the war years to promote the base and raise over \$21 million in war bonds. Sousa composed "The Naval Reserve March" (aka "The Great Lakes March") during his tenure as the Director of the Great Lakes Band. John Phillip Sousa would become the driving force behind the Great Lakes Band at this time.

Moffet twice offered promotions to Sousa, but he refused on both occasions. "Because I felt a lieutenant could do the work just as thoroughly as an officer of higher rank," commented Sousa. Sousa returned to civilian life in January of 1919 and did leave the Navy as a lieutenant commander.

Sousa is buried in the Congressional Cemetery in Washington D.C. Engraved on his tombstone is the following: "John Phillip Sousa, Lieutenant Commander, United States Naval Reserve."



John Philip Sousa was both Great Lakes' first bandmaster, and the oldest person to enlist in the Navy. Photo courtesy Great Lakes Naval Museum

NHCS will host second its annual TSC Indian Day event

Dancing, music, and artwork highlight celebration

By HMC(AW/FMF) EDWARD TOOHILL

The Naval Hospital Great Lakes and



FC2(SW) James Chupco performs a men's Fancy Dance dressed in authentic American Indian attire during last year's celebration event. NHCS file photo

Naval Hospital Corps School will host a base-wide American Indian celebration event on Nov. 07. The American Indian Cultural Awareness Task Force is currently seeking American Indian volunteers for music, dancing, and artisanship. Events at the Naval Hospital Corps School will include table displays and demonstrations of various American Indian culture.

This year's theme "Strengthening the Spirit" was chosen to recognize the special importance and contributions of the American Indian and Alaska native people.

Lt. Paul Netzel, NHCS Diversity Awareness Team Chairman, said, "This years celebration event will have something for everyone to enjoy. It will be especially beneficial to find students from our Training Service Center to assist in performing ceremonial dance, demonstrating crafts, or playing traditional American Indian music."

American Indian and Alaskan native volunteers are needed to represent their communities for the celebration event. Personnel interested in volunteering for the event should contact HMC (AW/FMF) Edward Toohtill at (847) 688-2835 for more information.

Naval Station Great Lakes
It's your home...
Keep it clean!

Honormen, RCPOs at the Recruit Graduation Review



**SR Chase Krupa, Div. 296
Fort Worth, Texas
United Services Organization
Shipmate Award**



The following honor recruits for the Sept. 11 and 12 recruit review graduation ceremony will be presented with a statuette of the Lone Sailor by the Fleet Reserve Association: SR Jay Stroup, Div. 295, Cartersburg, Ind.; SR Joseph Knauf, Div. 296, Woodburn, Ore.; SR Jimmy Chiu, Div. 297, Providence, R.I.; SR Chistoper Numkena, Div. 298, Phoenix, Ariz.; SR Tiffany Teter, Div. 299, Bartley, Neb.; SR Kyle Starky, Div. 300, Harvard, Ill.; SR Dirk Smart, Div. 301, Pembroke Pines, Fla.; SR James Hohne, Div. 302, Dayton, Ohio; SR Aaron Lippert, Div. 303, Lansing, Mich.; SR Matthew Pardew, Div. 304, Purvis, Miss.; SR Brodie Thurmon, Div. 305, American Canyon, Calif.; SR Ryan Seeda, Div. 306, Hibbing, Minn.; SR Justin Oshiro, Div. 307, Wailuku, Hawaii; SR Albert Saavedra, Div. 308, Los Angeles, Calif.; and SR Carnisha Owens, Div. 940, Flint, Mich.

The recruit chief petty officers for the Sept. 11 and 12 recruit review graduation are as follows: SR Ricardo Casas, Div. 295, Parlier, Calif.; SR Aric Beard, Div. 296, Denham Spring, La.; SR James Thompson, Div. 297, Greeneville, Tenn.; SR Andre Larondelle, Div. 298, Ann Arbor, Mich.; SR Travis Newby, Div. 299, Covington, Wash.; SR Larami Mclean, Div. 300, Seaford, De.; SR Jerimah Armstrong, Div. 301, San Antonio, Texas; SR Henry William, Div. 302, Jackson, Miss.; SR Robert Araiza, Div. 303, Chula Vista, Calif.; SR Martin Gomes, Div. 304, Stakton, Calif.; SR Jeffrey Nunez, Div. 305, Long Beach, Calif.; SR Jeffery Kennedy, Div. 306, Calimesa, Calif.; SR Jordan Lonborg, Div. 307, Scituate, Md.; SR Christopher Tooker, Div. 308, Willows, Calif.; and SR Luke Boole, Div. 941, Santa Cruz, Calif.

The award winners for the Sept. 11 and 12 recruit review graduation are as pictured.



**SR Christopher Dunham,
Div. 301, North Syracuse, N.Y.
United Services Organization
Shipmate Award**



**SR Jay Stroup, Div. 295
Carterburg, Ind.
Military Order
of the World Wars**



**SR Mandy Hughes, Div. 300
Washington, Pa.
Military Order
of the World Wars**



**SR Stephen Nash, Div. 296
Dunkirk, Md.
SAR Academic
Excellence Award**



**SR Tom De Shazo, Div. 295
Huntsville, Ala.
Military Officers Association of
America Award**



**SR Daniel Mccausland, Div. 299
Glendale, Ariz.
Military Officers Association of
America Award**



**SR Jacob Hinkle, Div. 303
Middleton, Ohio
SAR Academic
Excellence Award**



**SR Travis Ties, Div. 296
Edina, Minn.
Navy League Award**



**SR James Thompson, Div. 297
Greeneville, Tenn.
Military Excellence Award
Navy Club U.S.A.**



**SR Michelle Chaney, Div. 941
San Antonio, Texas
Military Excellence Award
Navy Club U.S.A.**



**SR Daniel Staples, Div. 307
Baker, N.Y.
Navy League Award**

Viewpoint

Readers Speak Out

This week the *Bulletin* asks its readers, “What kind of punishment do you think computer hackers should receive for spreading worms and viruses into corporate government computers?”



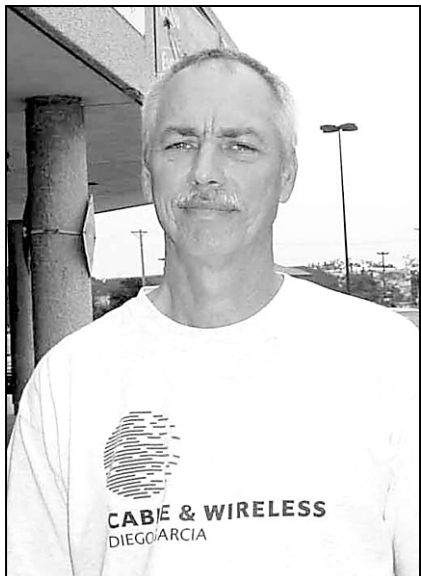
“I’m a teacher and we’ve had a computer problem at school. Those people should be fined and arrested. I don’t know why they would hack into a small school, but they do it.”

Barbara Zaydel



“They disrupt businesses, lives, progress, cost downtime, and destabilize our economy. I think we should give them a penalty that will make them regret they ever did it.”

HM1 Pat Babros



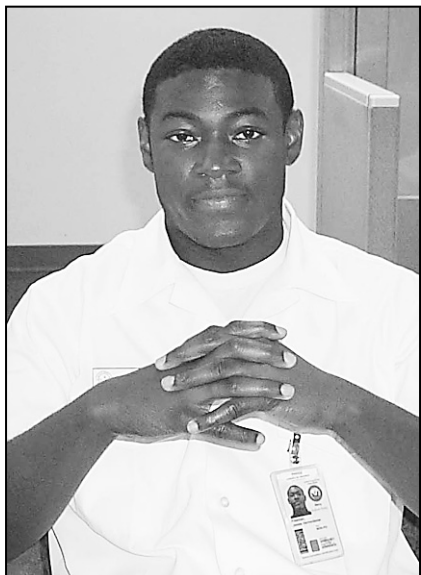
“I think that they should have to pay and their parents should pay if they’re minors. If they’re that smart, they should be working for us.”

John Parman



“A long enough jail term that will deter them from doing it again. That shuts down a lot of businesses. It’s a crime.”

Sheryl Foy



“I think they should be prevented from using computers for a while.”

HA James Freeman



“Take all their computer stuff away. And an additional fine because it is, of course, illegal.”

SN Sayie Rodriguez

Commentary

A 9-11 widow reflects on a visit to troops in Iraq

By **CHRISTY FERER**
Special to the AFPS

Editor’s Note: Christy Ferer was appointed in June 2003 to the Family Advisory Board of the Lower Manhattan Development Corporation, the agency responsible for rebuilding and revitalizing Lower Manhattan, by New York Gov. George E. Pataki. She also serves as a special assistant to New York City Mayor Michael R. Bloomberg as a liaison to families affected by the Sept. 11, 2001, terrorist attacks. This is her account of a trip to Iraq June 2003 to visit U.S. forces there. Used by permission.

When I told friends I was making a pilgrimage to Iraq to thank the U.S. troops, their reactions were underwhelming at best.

Some were blunt: “Why are YOU going there?” They couldn’t understand why it was important for me, a 9-11 widow, to express my support for the men and women stationed today in the Persian Gulf.

The reason seemed clear, as far as I was concerned. I was going not to embrace the war, but to embrace the warriors.

I didn’t intend to use the emotional capital generated by my connection to Sept. 11, 2001, to defend the U.S. presence in Iraq, and I am certainly aware there is no proof yet that Saddam Hussein was linked to 9-11. But I wanted to go there because I am the daughter of a World War II veteran who was decorated with a Purple Heart, and because I am the widow of a man who lost his life in what some feel was the opening salvo of World War III.

I wanted, needed, to honor my father and my husband, their service and sacrifice, by standing before those who were now making sacrifices and serving our country.

Some 150,000 troops were sent halfway around the world by our government, and therefore in all of our names, to depose Saddam Hussein. Saddam’s despotic regime fueled volatile anti-American sentiment that many feel is connected to terrorist attacks like the one that took place on Sept. 11, 2001.

But my friends’ reactions were so politely negative that I began to doubt my role in the first USO/Tribeca Institute tour into newly occupied Iraq. Besides, with Robert De Niro, Wayne Newton, and Rebecca and John Stamos, who needed me? I’m hardly a celebrity.

Did U.S. soldiers really want to hear about my husband, Neil Levin, who went to work as director of the Port Authority of New York on Sept. 11 and never came home? How would they relate to the two other bereaved people traveling with me — Ginny Bauer, a New Jersey homemaker and mother of three who lost her husband, David; and former Marine Jon Vigiano, who lost his only sons: Jon, a firefighter, and Joe, a policeman? As we were choppered over the bleached deserts, I wondered if I’d feel like a street hawker, passing out Port Authority pins and baseball caps as I said “Thank you” to the troops. Would a hug from me compare to hugs from a Victoria’s Secret model, or the Dallas Cowboys cheerleaders? The first “meet and greet” made me weep.

I knew I had made the right decision, to do anything I could to support these new warriors. My own daughters are old enough to be soldiers. Here were their peers — 18-year-olds, armed with M-16s and saddlebags of water in the 120-degree heat. The soldiers swarmed around the stars for photos and autographs. Then it was announced that a trio of 9-11 family members was also

in the tent.

It was as if an emotional dam had burst. Some wanted to touch us, as if they needed a physical connection to our sorrow, and living proof of one reason they were there. One mother of two from Montana told me she’d signed up because of 9-11, and dozens of others said the same. One young man showed me his metal bracelet engraved with the name of a victim he’d never known and that awful date none of us will ever forget.

At every encounter with the troops, there was a surge of Reservists — firefighters and cops, including many who had worked in the rubble of Ground Zero — who had come to exchange a hometown hug. Their glassy eyes still didn’t allow anyone to penetrate to the place where their trauma is lodged, the trauma that comes with devastation unimaginable to those who didn’t witness it. It’s there in me, too. I forced my way downtown on that terrible morning, convinced I could find Neil beneath the rubble.

I was not prepared for the soldiers who showed us the World Trade Center memorabilia they’d carried with them into the streets of Baghdad. Others had been holding in stories of personal 9-11 tragedies that had made them enlist.

To those men and women, it didn’t seem to matter that Saddam Hussein’s regime had not produced the murderers of Sept. 11. Despotism like Saddam fuel the volatile anti-American sentiment that breeds such terrorism, they felt: to stabilize the Gulf region was to protect U.S. soil.

At Saddam Hussein International Airport, where Kid Rock gave an impromptu concert in a steamy hangar, Capt. Jorge Vargas from the Bronx tapped me on the back. He’d enlisted in the Army after some of his wife’s best friends were lost at the World Trade Center. When he saw the piece of recovered metal from the Towers that I had been showing to a group of soldiers, he grasped for it as if it were a grail.

Then he handed it to Kid Rock, who passed the precious metal through the 5,000 troops in the audience. They lunged at the opportunity to touch the steel that symbolized what so many of them felt was the purpose of their mission. Looking into that sea of khaki gave me chills, even in the blistering heat.

To me, those troops were there to send a message not to just one country, but to an entire region that breeds the brand of terrorism that murdered my husband and some 3,000 others.

When I got to the microphone, I told the soldiers we hadn’t made the journey to hear condolences, but to thank them and to say that the families of 9-11 think of them every day. The crowd interrupted me with chants of “U.S.A.! U.S.A.! U.S.A.!” Many cried.

What happened next left me with no doubt why I had come.

There I was onstage, quaking before thousands of troops because I was to present a small piece of the World Trade Center steel to Gen. Tommy Franks. As I handed him the icy gray block, his eyes welled up.

I was stunned when the proud four-star general was unable to hold back the tears, which streamed down his face as he stood at center stage before his troops. The men and women in khaki fell silent. As he turned from the spotlight to regain his composure, I put my arms around him and tried to comfort both of us with an embrace.

Information, Tickets & Travel

Building 400, 688-3537

Information, tickets and travel

Information, Tickets and Travel (ITT) provides information concerning local points of interest, public transportation schedules, and discounted tickets for movies, theatres, amusement parks, tours and sporting events.

These services are available to all military and DoD employees.

There is no surcharge on all tickets to DoD employees. On the first day of sale, all sports events tickets may be purchased by active duty military only.

After that, all tickets are available on a first come-first served basis. Note: Prices are subject to change.

Office hours

ITT's hours of operation will be Monday- Friday 10 a.m.-5 p.m. and Saturday 10 a.m.-noon. They are closed on Sunday and all federal holidays.

Entertainment Rebate Program

Get 20 percent of your ticket cost refunded through Entertainment Rebate Program (ERP) Experience some of the area's best local (Illinois, Indiana and Wisconsin only) entertainment programs and get 20 percent of your ticket cost refunded.

The Entertainment Rebate Program is designed to help offset the cost when active duty service members attend off-base events in the following areas: sports, concerts, cultural, etc.

The rebate program does not apply to tickets available through MWR's ITT Office or free tickets offered through any other source. Some restrictions apply.

Contact the ITT Office for complete details at 688-3537. Sponsored in part by AT&T. This program is only open to active duty, and active reservists.

Chicago City Pass

Visit six attractions at one low price with no ticket lines: The Art Institute of Chicago, The Field Museum, The Museum of Science and Industry, The Adler Planetarium and Astronomy Museum, The Shedd Aquarium and Oceanarium VIP and The Hancock Observatory.

The cost is \$49 per adult (value: \$72.50) and \$38 per child ages 3-17 (value: \$51).

Go to the head of the line

The new Hancock Observatory takes you to the top-and one step beyond. The new Hancock Observatory, in the heart of Chicago's Magnificent Mile, gives you a one-stop tour of Chicago. Step out into the wild blue on "Skywalk," Chicago's only open-air viewing deck.

Best of all, experience Chicago's finest views, spanning 80 miles, four states, and 360 degrees. ITT's Hancock Observatory Admission Fees: are \$7.50-adult, and \$5.50-child.

Metra tickets

The price of a one way METRA commuter train ticket is \$2.25. The ticket price is still 50 percent off regular admission price of \$4.50 if purchased at the train station.

Busch Gardens

The ITT Office is now selling Busch



Gardens Amusement Park tickets, located in Tampa, Fla. With over 30 attractions, five world-class coasters and 2,800 exotic mammals, birds and reptiles on nearly 335 acres - to describe it as "wild" would be an understatement.

Ticket prices are \$48 for adults and \$38 for children. Stop by the ITT Office today to purchase your tickets.

Rinkside Sports

ITT offers Rinkside Sports - located in Gurnee Mills Mall - Fun Passes for only \$12. The Fun Pass includes a \$5 Fun Card to be used for video games, one admission to the Ice Skating Arena, one skate rental, one laser tag game, one free slice of cheese pizza and a small soda (savings of \$13 at ITT). Use the Fun Passes to host your child's next birthday party.

Taking a cruise

Carnival took all the fun things you love to do and put them on a fleet of fabulous cruise ships. Every "Fun Ship," has fantastic places for you to swim, dance, dine on lobster in style or pizza in shorts, even exercise to your heart's content.

Visit exciting destinations, while knowing your children are having their own kind of fun. Book your cruise through ITT, offering discounted rates. Stop by or call ITT at 688-4813 for details.

Tickets

Tickets on sale at ITT include: Medieval Times Dinner and Tournament. Adult-\$41, Child-\$31 Experience a night of jousting, sword fighting and feasting at this extraordinary dinner tournament.

Stay in Chicago

Go to Chicago for the Weekend, and stay at the Best Western-Grant Park Hotel on Michigan Ave., now offering exclusive discount for all base personnel.

The cost is \$89 per night for base or single occupancy-seasonal low rate, or \$105 per night for base or single occupancy-seasonal high rate. If interested in booking a room for a Chicago getaway, call (800) 472-6875 and use "MWR-1" rate code when making the reservation. This offer is based on availability. A government I.D. is required upon check-in. Some restrictions apply.

Cubs tickets

Chicago Cubs Baseball Tickets for September are on sale at the ITT office. The prices are as follows: third base, upper deck box tickets for regular season games \$29 and for all prime game tickets \$40.

Ticket sales are for active duty military personnel only on the first day of sale and on the second day of sale to all other eligible NAVSTA ITT patrons.

MSO info

All Great Lakes personnel receive a special 25 percent discount on tickets purchased through Milwaukee Symphony Orchestra.

Plus, eligible base personnel may receive an additional 20 percent rebate on tickets utilizing the Entertainment Rebate Program. Contact the ITT Office for details.

For Milwaukee Symphony Orchestra information, call Sarah Martin at (414) 291-6010, Ext. 214.

Six Flags

Six Flags Great America is now open, and those under age 3 are admitted free.

A daily pass costs for adults \$32, and for children \$30.89 (under 54 inches tall) Season passes cost as follows: Individual - \$90, family pass (four people, additional \$76) - \$304.

Family land water park

Visit Family Land Water Park and experience over 35 acres of awesome family wet and wild fun. America's family water park features: Bay of Dreams - gigantic indoor water park; 29 fantastic water slides; two endless adventure rivers; one of the Midwest's largest tidal wave pools; three kiddie play areas; and bumper boats, bumper cars, and miniature golf.

Buy your tickets at ITT today for \$19 (ages 4 and up).

Noah's Ark water park

With more than 60 water-based fun activities available, Noah's Ark is the place for water in the Midwest. ITT offers all-day Noah's Ark unlimited passes.

ITT has all-day unlimited passes for Noah's Ark Water Park in the Wisconsin Dells The one-day pass covers 21 different attractions The cost is \$25 (\$5 savings) Noah's Ark opens on Memorial Day

Armed Forces salute

Ask about Disney's Armed Forces Salute and Universal Orlando's Discounted/Free Ticket Programs. Call the ITT Office at 688-3537 for details.

Traveling by airline?

Let the MWR Travel Desk assist you with your airline reservations. To receive special military discounts and guaranteed lowest fares on airline tickets, simply call the Travel Management Corporation at their toll free number (877)805-9157, serving Chicago O'Hare, Midway and Milwaukee's Mitchell Field area airports.



Ross
Theatre will
be closed
through
October for
renovations.

Places to dine • Places to go

Port O' Call Banquet and Conference Center Bldg. 140, 688-6946

Enjoy...

Fall Brunch!

Take in the beautiful Fall view of Lake Michigan
while enjoying a delicious brunch...

Sun., Sept. 28 from 10 a.m.-2 p.m.

Port O' Call, Bldg. 140

\$12.95-adult

\$7.95-child under 12

MENU

- scrambled eggs
- breakfast sausage links
- crisp bacon
- breakfast potatoes
- pancakes
- chicken Jus Lie'
- pasta primavera
- roast beef carving station (served with dinner rolls and condiments)
- omelet station
- fresh fruit
- salad bar
- assorted desserts and pastries



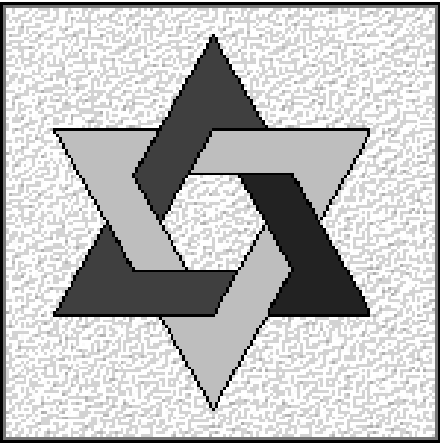
High Holy Days - times for amends

By CHAPLAIN ARNY SIEGEL

Of so many facets, what do faith community sabbaths, festivals and holy days of obligation commonly share? All these events offer times for personal reflection and renewal. Each time we pray is an opportunity to look within ourselves—Who am I- What am I- and Where am I going? Self-scrutiny is one of the fundamentals of Jewish prayer, and just in case it isn't practiced daily, weekly, monthly or periodically, the High Holy Days, Rosh Hashanah (the New Year, sundown Sept. 26 to sundown Sept. 28) through Yom Kippur (the Day of Atonement, a 24-hour fast from sundown Oct. 5 to sundown Oct. 6) offer time (the Ten Days of Penitence) for self-evaluation and self-renewal.

On the model of the (ancient) Holy Land harvest (Sept.-Oct.), just as one took a fiscal inventory for tithes and taxes, so one engaged in a personal evaluation ("inventory of the soul"). The rabbis envisioned a heavenly court where the Supreme Judge weighs one's good works against one's sins. For 10 days the decision hangs in the balance, while a tentative judgment is written on a clean page of the Book of Life ("On the New Year it is inscribed, and on the Day of Atonement it is sealed: Who shall live and who shall die. Who shall wax rich, and who shall become poor...."). Repentance, prayer and evidence of doing right avert the severity of the decree.

At least once a year, a person should make a spiritual turnaround toward better moral living. Judaism teaches that God forgives the truly penitent (anytime), but not before one makes amends (pays a debt, restores property, begs forgiveness) to anyone one might have wronged. These High Holy Days thus provide opportunity for reconciliation between family members, shipmates and with the All-Forgiving. Truly re-



spiritualized, one can enter the new year fortified and motivated to do rightly, care for one's self, family and shipmates and sense a partnership with God to help bring this world to its intended fruition. Accordingly, the traditional greeting is "May you be inscribed and sealed in the Book of Life for a good year."

The symbol for the High Holy Days is the ram's horn (shofar), which is used to announce the new year and alludes to the biblical account of Abraham's offering his son, Isaac, and God mercifully substituting a ram for a sacrifice (Gen. 22). The sound of the shofar is a call to penitence for the transgressor and an appeal to God for mercy.

Traditional foods are made with honey (or apple slices dipped in honey) and eaten with a wish that everyone enjoy a "sweet year."

Navy Great Lakes High Holy Day worship will be held at RTC Recruit Memorial Chapel (Bldg. 1301), according to the following schedule:

Rosh Hashanah, Sept. 26; 7 p.m.; Sept. 27, 9 a.m.; and Sept. 28, 9 a.m.
Penitential Sabbath, Oct. 3, 7 p.m.
Yom Kippur, Oct. 5, 6 p.m., and Oct. 6 at 9 a.m. and 4 p.m.

For further information, contact Chaplain Arny Siegel at (847) 688-3888/5410/5610.

Catholic instruction offered here

Bluejacket Memorial Chapel has announced the opening of registration of children for Catholic Religious Instruction. Religious education is offered every Sunday through the Blue Jacket Memorial Chapel for kindergarten through 12th grade.

This program is offered to all military family members and is absolutely free.

All parents should bring a copy of the

child's Baptismal Certificate with them in order for the child to be registered. The classes are held in Bldg. 122 on Sundays following the 9 a.m. Mass; they run from 10:30-11:30.

For information concerning the program call Anne-Marie O'Sullivan at (847) 731-7260 or the Bluejacket Memorial Chapel at (847) 688-5410.

Chaplain's Corner



Hispanics: A diverse population that makes up the rainbow

By LT. GLENDA JENNINGS HARRISON
Chaplain Corps, USN

As I pondered on what I could write about as it relates to Hispanics and their experience, I began to realize that I was at a disadvantage because I'm not Hispanic. Be that as it may, I commenced surfing the internet trying to gather information on Hispanics and their culture.

After some frantic attempts to piece together information via factmonster.com, it was noted that over "35 million people identified themselves as Hispanic or Latino." Further, the U.S. Census Bureau states that Spanish-speaking people from any race can be defined as Hispanic.

It was at this point, that I came to the conclusion that Hispanics are just as complex as my ancestors, the Africans, because there are so many subcultures within the culture itself.

In fact there are 21 countries that consider themselves a part of the Hispanic culture and these include: Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Spain, the United States, Uruguay and Venezuela.

Immediately, the light bulb came on as I gasped with exasperation at the multitude of cultures that exist within the larger context of what can be defined as Hispanic. Each one of these countries represents their own unique culture and basically includes a history that would definitely exhaust this periodical.

Needless to say, the Hispanic population has made considerable contributions throughout history, not to mention those individuals who have made great strides in the United States within the arenas of government, sports, arts, sciences, and mathematics, despite the fact that English was in most instances their second language. However, what has been most amazing to me in my observations of the Hispanic culture is their sense of unity and community.

Now many of you will say, well I as an American have a sense of unity and community, but what I'm speaking of here far surpasses the political ramifications of unity and



Lt. Glenda Jennings Harrison

community and touches on the spiritual dimensions of who the Hispanic is as a person.

For example, Hispanics are a people who embrace their own culture by maintaining their traditional language within the context of family and beyond. They are a people who express their culture through dance, artwork, music, fashion and cooking in a style that is vastly different from any other ethnic group. In my opinion, this clearly indicates that they are a people who have a high sense of self-worth as every effort is made to preserving the rich heritage which makes them distinct.

Therefore, as we enter into Hispanic Heritage month let us open ourselves to explore the uniqueness of a culture that has enhanced the American dream by lifting us to a level that encourages us to appreciate the diversity contained within the rainbow. In our ability to appreciate the diversity of the rainbow we set into motion an atmosphere of harmony where all God's children can live according to Psalm 133, verse 1 (NRSV), "How very good and pleasant it is when kindred live together in unity!"

Command Religious Program Schedule

Catholic

Sun., 6:30 a.m. Catholic RSPO musterRecruit Memorial Chapel
Sun., 6:45 a.m. Roman Catholic ConfessionRecruit Memorial Chapel
Sun., 7 a.m. Catholic Choir Practice and RosaryRecruit Memorial Chapel
Sun., 7:30 a.m. Sunday MassRecruit Memorial Chapel
Sun., 8:45 a.m. Catholic Religious EducationRecruit Memorial Chapel
Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
Sun., 10:30 a.m. Roman Catholic P-Day MassRecruit Memorial Chapel
Sun., Noon Sunday MassNaval Hospital All Faiths Chapel
Sun., Noon Sunday MassForrestal Village Chapel
Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
Sun., 10:15-11:30 a.m. CCDBldg. 122
Sun., 10:15 a.m. Adult EducationBluejacket Memorial Chapel

Protestant

Thurs., 7 p.m. Protestant Choir PracticeRecruit Memorial Chapel
Sun., 6:30 a.m. Protestant RSPO musterRecruit Memorial Chapel
Sun., 9:00 a.m. Traditional/P-Day ServiceRecruit Memorial Chapel
Sun., 9:30 a.m. Traditional/MeditativeNaval Hospital All Faiths Chapel
Sun., 10:30 a.m. Protestant WorshipBluejacket Memorial Chapel
Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel
Sun., Noon Contemporary ChristianRecruit Memorial Chapel
Sun., Noon Sailors for ChristRecruit Memorial Chapel
Sun., Noon, Gospel ChristianRecruit Memorial Chapel
Sun., 1:30 p.m. Sailors for ChristRecruit Memorial Chapel

Full Gospel Service (Pentecostal)

Sun., 10:15 a.m. Sunday School adult & childrenBluejacket Memorial Chapel
Sun., 11:45 a.m. Morning WorshipBluejacket Memorial Chapel
Wed., 7 p.m. Bible Study, adult & childrenBluejacket Memorial Chapel
Mon., 7 p.m. First Monday of month Bible Study/Fellowship, Men & WomensBluejacket Memorial Chapel
Fri., 7 p.m. First Friday of month Youth Victory ServiceBluejacket Memorial Chapel

Christian Science

Sun., 7:30 a.m. Prayer and StudyRecruit Memorial Chapel

Church of Christ (Non-Instrumental)

Sun., 9 a.m.Recruit Memorial Chapel

Orthodox Christian

Sun., 8 a.m. MatinsRecruit Memorial Chapel
Sun., 9 a.m. Divine LiturgyRecruit Memorial Chapel

Islamic

Sun., 10:30 a.m. Ta'lim and Islamic PrayersRecruit Memorial Chapel

Jewish

Fri., 7 p.m., Sabbath ServiceRecruit Memorial Chapel
Sun., 10:30 a.m. Jewish Culture ClassRecruit Memorial Chapel

Church of Jesus Christ of Latter Day Saints

Thurs., 7 p.m. LDS Scripture StudyRecruit Memorial Chapel
Sun., 7:30 a.m.Recruit Memorial Chapel
Sun., 1:30 p.m.Naval Hospital All Faiths Chapel

Seventh-Day Adventist

Fri., 7 p.m.Recruit Memorial Chapel

Lutheran

Sun., 7:30 a.m.Recruit Memorial Chapel
Sun., 9 a.m. Lutheran ConformationRecruit Memorial Chapel

Bahai

Sun., 7:30 a.m. Bahai PrayersRecruit Memorial Chapel

Buddhist

Sun., 10:30 a.m.Recruit Memorial Chapel

Unitarian

Sun., 10:30 a.m.Recruit Memorial Chapel

Miscellaneous (Recruit Memorial Chapel)

Thurs., 7 p.m. RSPO Training;
Sun., 7:30 a.m., LDS Sunday School
Sun., 7:30 a.m., Eastern Orthodox Confessions
Sun., 10:30 a.m., Jewish Culture Class
Counseling Hours, Mon.-Fri. - Recruits 7:30-11:30 a.m.; Staff 7:30 a.m.-3 p.m., Bldg. 1127, Room 233; and 1-3 p.m. at Bldg. 1301 chapel.

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Recruit Memorial Chapel - Bldg. 1301, RTC
- Naval Hospital All Faiths Chapel, Wing 2 South

* For More Information about any of the services or events listed in this schedule, call 688-5610

SportScene

Lifeguard certification available at Indoor Pool

This class emphasizes preventing accidents, rescue techniques, and caring for the victim after the accident. Upon completion of the class, successful participants will receive certifications in CPR for professional rescuer, lifeguarding and first aid. CPR pocket mask are included in class fee. Participants must go to the Red Cross office on base and purchase the course book.

- Pre-requisites for participants are:
- Must be 15 years old prior to the start of this class
 - Must be able to swim 100 yards front crawl; 100 yards breaststroke; 100 yards sidestroke; and 100 yards elementary backstroke.
 - Must tread water 2 minutes - legs only.

Indoor pool hours

The Indoor Pool at Bldg. 440 is open Monday, Wednesday and Friday from 6-8 a.m. for lap swim; Monday through Friday from 11 a.m.-1 p.m. for lap swim, and Monday - Friday 6-8 p.m. for open swim, and is closed weekends. The pool in Bldg. 80-H is closed.

Water polo

Looking for some team competition? Try the pool's new water polo open swim. Teams assemble every other Wednesday at 6 p.m. at the Bldg. 440 pool. Participation is free and each team can accommodate up to 10 players each. Caps will be provided for players. For more information or to register, call or stop by Bldg. 440. Competition takes place at the outdoor pool.

Swim clinics

Swim clinics will be held at the indoor pool on Monday, Tuesday, Wednesday and Thursday 5-5:45 p.m. Instructors will focus on one stroke per week for those ages 16 and up.

Swim lessons

Swim lessons are available according to the following schedule:

Youth Swim Lessons for those 4-16 years of age are offered in three-week sessions on Tuesday and Thursday from 5-5:45 p.m. The cost is \$40 per child, or \$75 for two children in a family. Here are the dates: Oct. 7-23; Nov. 4-20; and Dec. 2-19. Bring a bathing suit, goggles (if needed) and a towel.

Water Babies for those 6 months to 4 years of age are held on Saturdays from 10-10:45 a.m. from Oct. 4-Nov. 22. The price is four classes for \$25, or all 8 classes for \$45. Bring a bathing suit, toys from home, towel, swim diaper.

Adult Stroke Development Classes cost

\$12 per class, or \$40 for four classes, and are held Monday, Wednesday, and Friday from 5-6 p.m.; and Saturdays at 10 a.m. make arrangements with the Aquatic Manager.

Private Youth Swim Lessons cost \$12 per class, or \$40 for four classes. These will be arranged for patrons' convenience with the Aquatic Manager.

Pool parties

Add a splash of fun to your next event by hosting a Pool Party at the Indoor Pool, Bldg. 440. Chips and soda are included in the price of only \$75 for two hours for up to 15 children, and \$4 more for each additional child. Those who attend may bring additional drinks, food, decorations, and cake. The program is available daily from 5-7 p.m. Call for details.

Pool hours

The following are the pool hours at the Bldg. 440 Pool on Monday, Wednesday, and Friday, 6-8 a.m., open swim; 8-11 a.m., closed; 11 a.m.-1 p.m., lap swim; 1-5 p.m., open swim; 5-6 p.m., water aerobics and youth swim lessons; and 6-8 p.m., open swim. The Bldg. 440 Pool hours on Tuesday and Thursday are 11 a.m.-1 p.m., lap swim; 1-5 p.m., open swim; 5-6 p.m., water aerobics and youth swim lessons; 6-8 p.m.: open swim. The Bldg. 440 Pool hours on Saturday and Sunday are 11 a.m.-5 p.m.: open swim. The Bldg. 80-H Pool is currently closed.

Aqua Aerobics

Aqua Aerobics is for swimmers and non-swimmers who want to exercise in a fun, therapeutic, or vigorous way. The sessions are held on Mondays, Wednesdays and Fridays from 5-6 p.m.

Sessions cost \$15 for 10 or \$25 for 20. All equipment is supplied. Each participant exercises to their own level as the instructor leads and motivates.

Various age groups can participate at the same time, but exercise at different rates. Water exercise has been around for years, starting with rehabilitation, and builds cardio-vascular endurance. Activity takes place in the shallow water approximately three to four feet. Exercise can also be performed in the deep end for individuals who know how to swim. There will be no classes on Saturdays during the summer.

SCUBA lessons

Open-water SCUBA lessons with PADI/NAUI certification are offered, and the cost is \$175. The gear, equipment, and books are all included, and the student

keeps the books for future reference. The cost does not include an open-water check-out dive. The registration fee is \$85, payable at Bldg. 440, and \$90 is due on the first day of class, payable to the instructor. The classes - limited to eight participants - take place every Monday and Wednesday evening from 7-10 p.m., and last three weeks. For information, call Sam at (847) 731-2089

Frogman competitions

Test your swimming abilities and mental endurance at these exciting competitions. It's a water obstacle course with a little calisthenics thrown in for fun. Competitions are held every Wednesday night at 6 p.m. at the Bldg. 440 Indoor Pool. The entry fee is \$10, and event winners win a T-shirt and a pair of Kiefer swim goggles. Register at Bldg. 440.

Lifeguard, CPR challenge

A Lifeguard and CPR Challenge will be held at the Bldg. 440 pool, on a date to be determined. The cost is \$70, and \$55 additional for CPR certification. The pre-requisites are as follows: Participants must be able to swim 500 yards continuously, be able to tread water for 2 minutes without using their hands, and be able to retrieve a 10-pound brick in 11 feet of water.

English Channel swim

The "English Channel Swim" program challenges swimmers to set a distance swimming goal of 21 miles, the equivalent of the shortest distance across the

famed "English Channel," between Dover, England and Cape Gris Nez, France. Upon completing the 21-mile distance, each participant will receive an "English Channel Swimmer" T-shirt. Each participant in the "English Channel" Swim Challenge pays only a \$5 registration fee.

Pools accessible

The swimming pools at Great Lakes are accessible to those with disabilities. The Aquatics Department has a portable extra step with a rail which can be used, and there is a small step on the northeast side of the Bldg. 440 pool.

For more information about any Naval Station Morale, Welfare, and Recreation Aquatics Branch programs or events, call 688-3419.

Registration for all programs will take place at the front desk of Bldg 440. Lockers are provided and patrons can obtain a key for a locker from the front desk.

Every patron entering the pool to swim will need to take a shower.

An adult must accompany children under the age of 10. Those over the age of 10 must be able to swim 25 meters (length of the pool) in order to swim unaccompanied.

Unless otherwise noted, all events and classes are open to active duty military, retired, reservists, military family members, and DoD civilians with valid memberships.

Sniper's Alley is open for business near the Fieldhouse

Sniper's Alley is now open by the Fieldhouse.

This new 13,500 square foot playing arena is perfect for fast paced paintball.

For just \$10 per day players can rent safety equipment and will receive 100 paintballs. Additional paint can be purchased at very low prices on site.

Have your own equipment? All you need to do is pay a small field fee and purchase the paint on-site.

All paint must be purchased and used on-site. Safety rules are strictly enforced. Those owning their own equipment are required to follow base regulations for storage and registration. No one under age 12 is permitted to play. Parental permission slips are required for all children ages 12-17.

Regular hours of operation are: Thursday 4-9 p.m., Friday 4-10 p.m., Saturday 1-10p.m. and Sunday 1- 9 p.m. For more information call 688-2330.

Certified instructors sought

MWR is looking for "certified instructors" in the following areas: yoga, step aerobics, cardio-box aerobics, strength and conditioning, etc. Please fax resumes to (847) 688-7858 or contact Barb Roth at (847) 688-2171.

Aerobic classes

Aerobic fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes are subject to change without notice.

A "Warrior Pose" Yoga Class takes place Tuesdays and Thursdays at the Triplex from 6-7 p.m. This class combines marital arts, yoga and fitness training into one fantastic workout. All fitness levels are welcome.

Step Aerobics is held Tuesdays and Thursdays at the Wellness Center from 11:30 a.m.-12:30 p.m.

Power Training takes place Tuesdays and Thursdays at the Wellness Center from 4:45-5:45 p.m. This class uses resistance training to strengthen and sculpt the body.

Spin classes are held Tuesdays and Thursdays at the Triplex from 5:45-6:45 a.m.; Mondays, Wednesdays, and Fridays at the Triplex from 11:45 a.m.-12:30 p.m.; and Mondays and Wednesdays at the Triplex from 4:30-5:15 p.m.

Commander's Cup races

Here is the schedule of remaining Commander's Cup races: Sept. 27, 9 a.m., Columbus 5k Race, Bldg 4; Oct. 28, 6 p.m., Fright Night 5k Race, Bldg 4; Nov. 15, 9 a.m., Skylab 5k Race, Bldg 4.

Competition age categories are 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 and over. Awards will be given to the first- and second-place finishers in each category for both genders.

In 5K team competitions, the top five runners will qualify for time. The team with the best time will be awarded the traveling trophy. Teams members must be attached to the command they represent, and team competition is open to all.

For each race the first 50 runners shall receive a gift for their entry. Call (847) 688-3419 for information.

Massage therapy available

Make an appointment with MWR's own Massage Therapist today.

Call the Wellness Center at 688-5649 for days/times.

The physical fitness centers are located in the following buildings: Courts Plus - Bldg. 4, Gym 80-H, Fieldhouse - Bldg. 440, Triplex - Bldg. 3, and Wellness Center-Bldg. 2A.

All event/league registrations and manager's meetings take place at the Fitness & Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 440. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419.

Get in a few swings this fall at Willow Glen

The Willow Glen Golf Course, located on Buckley Road (Rt.137), is open for play weekdays beginning at 6:30 a.m. and weekends and holidays beginning at 6 a.m. Tee time reservations are accepted for weekend/holiday play. Active Duty Military can reserve times the Saturday prior; retired military the Sunday prior and all others the Tuesday prior. On weekends/holidays, 18 hole rates are in effect until 11 a.m.

According to representatives from the Naval Station MWR Dept., the renovation of the back nine is progressing well and appears to be on schedule. The task of grassing the 65 acres is fast approaching. The 2003 Fall and 2004 Spring weather is critical for grow-in. If the weather cooperates, a July 2004 grand opening will be realized. For those who are curious about what the new design will look like, stop by the

Pro Shop and take a look at the plans.

The Willow Glen Pro Shop offers a professional line of clubs, balls, bags, shoes, clothing and other accessories. Golfing items not found in the shop may be special ordered.

Enjoy a round of golf at Willow Glen! After a round of golf at Willow Glen, relax and refresh yourself in Duffer's Den Restaurant and Lounge, the "19th Hole" oasis at the course.

Lunch is served from Monday-Friday, 11 a.m.-2 p.m. The Lounge is open from Monday-Friday, 11 a.m.-10 p.m. and weekends/holidays from 9 a.m.-10 p.m. The Lounge, offers a relaxing atmosphere with a wide selection of thirst-quenching alternatives.

For more information, call Willow Glen Golf Course, or the Pro Shop in Bldg. 3312 at 688-4593.

For military stress, take vitamin FFSC

Editor's note: The Great Lakes Fleet and Family Support Center is your local source for this and other programs, classes and counseling. Information is available in the Great Lakes Bulletin, your Plan of the Week and at www.nsgreatlakes.navy.mil/fsc. The FFSC is in Bldg. 42 on the Naval Station. The main phone number is 847-688-3603 Ext. 100.

WASHINGTON (NNS) — Everyone has their breaking point, and Tisshell Hall, a retired Engineman, was near hers when she decided to try the Life Skills Education program at the Fleet and Family Support Center (FFSC).

"I was reluctant to use the classes, because I didn't think I needed emotional support or anger management," said Hall. "But what these classes really teach you is how to live with life's unavoidable setbacks."

Hall, 28, works in Navy Personnel Support Detachment at Naval District Washington Anacostia Annex as the Limited Duty, Overseas Separation, Retirement and Transient Coordinator.

The customers who visit Hall are often there because of legal issues and pay problems, and are usually irate before they even walk in the door. She also has many internal deadlines that sometimes

seem impossible to meet.

"Most of the time, it is simply a lot of trivial things that happen throughout the day that build up," said Hall. "I wanted to learn how to build a good rapport with people and contend with the stress of work overload."

Hall's supervisor suggested she take a Life Skills Education class at the center.

She was so happy about her first Life Skills class, she went back for more and has since attended other FFSC classes on stress and anger management, applying for federal employee job training and advanced resumé writing.

"The classes have been great and have really helped me feel more comfortable at work," said Hall. "I have learned how to work through stressful situations and to project myself positively."

Life Skills was created to help service members and their families navigate through the challenges and stressors of military life. The center offers classes

and seminars ranging from parenting skills to marriage enrichment, to conflict and communication resolutions, among many other self-improvement resources.

"Most people see us as a reactive program," said Cindy Stewart, Life Skills Education coordinator at the FFSC at Anacostia Annex and former Army Captain, "but we are a proactive program that people can come to for help before things get out of hand."

Confidentiality is very important to Life Skills educators. The only exceptions are in cases of domestic violence or child abuse, or if the command wants to make sure a service

member used his or her time off appropriately. In the latter situation, the command may call the center to verify their attendance.

"Often, people are embarrassed to use our services, or they don't think they will be allowed the time off, so they don't ask," said Stewart. "Yet, commands usu-

ally allow time off, and taking classes for self-improvement and a happier life is nothing to be embarrassed about."

Journalist Second Class Elizabeth St. John decided she, too, could benefit from the classes offered at the center.

"The classes basically shed light on human nature, and no matter how hard we try, we are going to have times when we are stressed or upset - and it is okay to feel that way," said St. John. "Once you have realized your feelings are normal, you can use the tools the FFSC classes give you to manage your life more effectively."

"Sometimes it takes a visit to one of our classes for our instructors to recognize someone who might need more than a class, like one-on-one counseling," said Stewart. "I really feel like we are making a difference and performing an important service."

St. John agrees. "These programs are rewarding and enriching and extremely vital, especially for junior Sailors."

The FFSC provides operational, mobility and counseling support to service members and their families, helping them adapt to Navy life. FFSC services are a benefit free to all service members, single or married, including activated Reservists, retirees and Department of Defense civilians in overseas locations.

There are 55 FFSCs and 67 delivery sites worldwide. For more information on FFSC and programs like Life Skills Education, or to locate the nearest Center, visit FFSC on the Web at www.persnet.navy.mil/pers66. E-mail FFSC headquarters at mill_ffsp@navy.mil, or call The Center's 24-hour information and referral hotline at (800) FSC-LINE.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp.

'Most people see us as a reactive program, but we are a proactive program that people can come to for help before things get out of hand.'

Cindy Stewart
Life Skills Education Coordinator



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Democracy on march in Iraq, CPA chief says

By JIM GARAMONE
American Forces Press Service

BAGHDAD, Iraq — “Democracy is on the march in this country,” Paul Bremer said during a press conference here today, “and it’s on the march at the grassroots level where it really matters.”

Bremer is the administrator of the Coalition Provisional Authority. He escorted Defense Secretary Donald H. Rumsfeld on a tour of U.S. bases in northern Iraq. Rumsfeld and his party visited Tikrit and Mosul.

The coalition has set four priorities for Iraq: first, to restore security in the country; second, to restore essential services - water, power, health care; third, to begin the process toward a free-market economy; and fourth, to move toward Iraqi self-government.

Even in the toughest area of the country there is progress, Bremer said. Tikrit was the home of Saddam Hussein. It is one of the angles of the Baathist Triangle that runs from the suburbs of Baghdad to Tikrit and down to Ar Ramadi. Some 80 percent of the attacks on coalition forces occur in

this area. Even in this hotbed of support for the former regime, there is progress. The Tikritis have elected a city council that works with the coalition forces. Tips are coming in from Iraqis pointing out arms caches and dangerous individuals. Power, water and sewage projects are under way in the area.

The 4th Infantry Division the most modern division in the U.S. Army is responsible for the region.

About 2,800 separate reconstruction projects are going on in the division’s area, all geared toward helping the Iraqi people by rebuilding schools, digging wells, repairing roads and making other infrastructure improvements.

In the Mosul area, even more progress is apparent. The city - the third largest in Iraq - is the responsibility of the 101st Airborne Division. With equal Arab and Kurd representation, the Mosul city council was the first elected in the country, with an Arab as mayor and a Kurdish deputy mayor. During the Rumsfeld-Bremer visit, the party drove from the local airport to the city hall. It passed through a busy, crowded market, greeted

only by waves from the people. “It could be just about any city in the Middle East,” said a CPA official.

Beyond that, 85 percent of the towns in Iraq now have elected councils. In July the Iraqi Governing Council was formed, and last week it appointed Iraqi ministers to run the executive branch of government. The ministers are, in effect, a cabinet.

The authority has spent more than \$30 million on small-scale projects, Bremer said. “We are rebuilding 1,000 schools between now and when school opens in October,” he said. “We have got all 240 hospitals in this country working, and 90 percent of all clinics working. All of the universities finished the school year. And all of this happened in five or six weeks in April and May.”

But much remains to be done and it will be expensive. “In terms of spending, our major needs are to restore essential services,” Bremer said. “Because this country’s infrastructure was underinvested, because this country’s capital was stolen and put in places like this (palace), because this country spent 10 times as much on the military, there is no reliable infrastructure here.”

The United Nations estimates it will cost \$16 billion over the next four years just to rebuild the water infrastructure to “marginally acceptable” levels, Bremer said. “At the time of the war, only 7 percent of the population of this country had access to sewage treatment,” he said. “We are going to have to spend, according to my engineers, \$13 billion in the next five years on power.”

Saddam’s neglect of the power system meant that Iraq did not have enough power even before the war. “In many ways, if we had come here March 19 without a war, we would still face many of the same economic problems we face now.”

Bremer said the damage to the infra-

structure is not the result of the war or even of U.N. sanctions. “It is the result of the colossal mismanagement of the great resources of this country,” he said.

The money for these projects can come from donor nations, the U.N. oil-for-food program, frozen regime accounts, “found” money or from the sale of oil once that industry gets back on its feet, he said. “This is a rich country which is temporarily poor,” Bremer said. “We have a goal of getting back to the pre-war maximum oil production level of 3 million barrels a day by October 2004.”

If that goal is achieved, it will cover the cost of some of these programs, but capital expenditures will have to come from other countries, Bremer added.

Progress also is being made with a dramatic growth in Iraqi security forces. In addition to the 160,000 coalition troops (about 140,000 Americans and 20,000 from other countries), there are between 55,000 and 60,000 Iraqis providing security for pipeline, electrical lines, police work, for the borders and so on.

And Bremer said the number will grow, with 90,000 to 100,000 Iraqis in the various security organizations in a year as a reasonable expectation. This would come down to an Iraqi army of about 40,000, doubling the police force to 75,000, and bringing the Iraqi Civil Defense Force to a total of 18 battalions. In addition, Bremer said he expects the Iraqi border guard to jump from 2,500 today to 25,000 by the end of 2004.

All of these projections are estimates, and officials in the country say that change is inevitable. The road could be tougher than expected and changes could take longer and cost more. It could get easier, in which case the road may be traveled faster and with less of a toll, but change is coming, Bremer said. The coalition, he added, has the will to see things through.

U.S. forces capture Saddam loyalist, destroy weapons caches

American Forces Press Service

WASHINGTON - U.S. forces have captured a Saddam Hussein loyalist believed to have attacked coalition forces at a children’s hospital and, with the help of Iraqi citizens in some cases, continue to find and destroy weapons caches, according to U.S. Central Command officials.

Acting on information provided by a local source, members of the 1st Battalion, 67th Armor Regiment of the 4th Infantry Division’s 2nd Brigade Combat Team conducted a raid in Baqubah and captured the man suspected in a Sept. 6 grenade attack on a children’s hospital in Baqubah in which three soldiers were killed. The soldiers detained nine others following the raid, CENTCOM reported in a news release announcing the capture.

The team also confiscated a rocket-propelled grenade launcher, hand grenades, blasting caps and a detonation cord, the release reported.

On Sept. 6, local people led U.S. soldiers to a weapons cache south of Bajar, CENTCOM officials reported. The cache contained an RPG launcher, four AK-47 assault rifles and another assault rifle, a 9 mm pistol, 38 RPG booster rockets, 500 rounds of machine-gun ammunition, 21 loaded AK-47 magazines and 12 boxes of 12-gauge

shotgun shells. The soldiers are from the 2nd Battalion, 3rd Brigade of the 101st Airborne Division (Air Assault) [http://www.campbell.army.mil/3bde/3bde.htm].

CENTCOM also reported Sept. 6 that members of the 2nd Squadron (Sabre), 3rd Armored Cavalry Regiment have raided possible safe houses and homes of suspected former regime loyalists and other subversive elements in and around Al Fallujah in recent weeks.

The soldiers have found and destroyed more than 10,000 artillery and mortar rounds, dozens of mines and anti-tank weapons, two dozen missiles, hand grenades, other ammunition and small arms. Officials said the raids represent a proactive effort to root out and eliminate elements that are sabotaging coalition reconstruction efforts.

Two separate weapons seizures took place Sept. 4, CENTCOM officials said. Task Force Ironhorse soldiers detained a taxi driver who was acting suspiciously. A search of his taxi netted an RPG launcher, 12 RPG rounds, an AK-47 and an MP-5 submachine gun. Soldiers from the 4th Infantry Division found a weapons cache northeast of Tikrit. The cache consisted of an RPG, an 82 mm mortar tube and three 82 mm rounds, and three 60 mm mortar rounds and 88 60 mm mortar fuses.



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INSIDE TED'S

Rumsfeld, Sanchez say press ignores good news from Iraq

By **JIM GARAMONE**
American Forces Press Service

BAGHDAD, Iraq — American officials here took on the press for not reporting the “good news” coming out of Iraq.

Defense Secretary Donald H. Rumsfeld visited the headquarters of the U.S. 4th Infantry Division in Tikrit and the headquarters of the 101st Airborne Division in Mosul Sept. 5.

Following the visit, he held a press conference. He said that as he came back, he was told a member of the traveling press said it was a good trip, but there really wasn’t any news in it.

That obviously annoyed the secretary. “There was news up there,” Rumsfeld said during the press conference held in one of Saddam Hussein’s palaces. “There was

good news. Important good news.”

He said constructive things are happening throughout Iraq. “The Iraqi people are being substantively benefited and advantaged by being rid of that vicious dictator,” he said.

He pointed to the surroundings and said that anyone who doubts whether the Iraqi people are better off should just examine the palaces and the enormous sums of money Saddam spent on the military. Officials estimate that Saddam spent up to 35 percent of the country’s gross domestic product on the military, the intel-

ligence service and other means of staying in power. “It’s a tragic, heartbreaking thing to see how the Iraqi people suffered over these past decades,” he said.

‘It’s a tragic, heartbreaking thing to see how the Iraqi people suffered over these past decades.’

Donald H. Rumsfeld
Defense Secretary

Rumsfeld said coalition forces have built or rebuilt schools, ensured hospitals are working and helped universities function. In addition, coalition forces are helping to dig wells, refurbish the irrigation system and rebuild roads. Specialists are helping to maintain and rebuild the oil, electric and water

infrastructure.

Rumsfeld said the scope and speed of such operations are impressive. “If one

looks back at Germany or Japan or Bosnia or Kosovo and measures the progress that has taken place in this country in four or five months, it dwarfs any other experience that I’m aware of,” Rumsfeld said.

He said he is not wearing rose-colored glasses in looking at the situation. He stressed that the road ahead will be hard and have many bumps, but that it is worth traveling.

Army Lt. Gen. Ricardo Sanchez, commander of Combined Joint Task Force 7, also took exception to media coverage of the situation in Iraq. “It is very disturbing to me to sit here every day and watch the news back home that focuses on the bad things that are occurring in Iraq,” he said.

The general says it makes it seem as if the sacrifices of coalition troops is not being appreciated. He said there is progress in every area of the country. “We ought to make sure that America knows that their sons’ and daughters’ sacrifices are for a good cause,” he said. “We have eliminated a dictator here. We are making a difference every single day.”

Sanchez also addressed charges that the security situation in the country mandates that he needs more U.S. troops. He said soldiers are experiencing about 14 to 16 attacks per day from individuals or very small groups.

“I have about 160,000 service members here,” he said. “I don’t need any more forces here. When you look across this country there is no practical threat. There is no tactical threat, there is no strategic threat or operational threat that exists to the coalition or to America.”

“One battalion’s worth of coalition power can accomplish the task of defeating any threat that may surface in the coming months,” he continued. “We can do this. We are doing this. We are making a difference. And we need to capture the great news that is out there and make sure that America knows what their sons and daughters are doing in Iraq.”

Coalition, Iraqis exhume mass graves in search for justice

By **JIM GARAMONE**
American Forces Press Service

MAHAWIL, Iraq — All that remains is a field filled with plastic bags of clothing and other personal effects.

The field was the site of a mass grave of Shia Muslims killed following the uprising against Saddam Hussein in 1991. When U.S. Marines arrived in the area in April, the local people went to the field and exhumed what was left of their loved ones murdered by the former regime.

Defense Secretary Donald H. Rumsfeld visited the site during this trip to Iraq. He said he had read reports of the mass graves, but reading about them is “one-dimensional.” Being there allowed the tragedy to become “three-dimensional” to him, he said.

Officials said the 3,000-plus bodies the mass grave contained are just the tip of the iceberg. In the Mahawil area alone, officials estimate that 15,000 Iraqis probably are

buried. In all of Iraq, some officials estimate Saddam killed more than 350,000 Iraqis since he took power in 1979. Other estimates put the number at 500,000, and still others at 1.3 million.

The effort to locate and document the remains of those murdered by the regime is important, said Sandy Hodgkinson, an adviser to the newly appointed Iraqi minister of human rights, because it gives families closure and is necessary so those guilty of the murders can face justice.

“We have received reports of more than 150 mass grave sites,” Hodgkinson said. “We have received, though, generic reports from Iraqis around the country that there could be as many as 500 mass grave sites around the country.”

The effort will take years, Hodgkinson said.

Some of the graves are old. Investigators are searching for graves from when Saddam murdered 8,000 members of the Barzani tribe early in his regime.

“In 1988, in a nine-month period of time, as many as 182,000 Kurds went missing,” Hodgkinson said.

Large numbers of villagers were rounded up and told to leave their homes. “They would separate the men from the women and children,” she explained, and the families would carry what they could. In finding graves, investigators are finding remains with “keyhole” entry wounds in the skulls. “This means they were shot from above,” she said, adding that thousands were found in mass graves with all their clothes and housewares.

Hodgkinson said the United States had long been tracking Saddam’s murders, but the reality is even more hideous. A large Iraqi and international effort to exhume the bodies and to make a case against the murderers will be conducted. Though officials have made some arrests, the coalition is not ready yet to file charges in connection with most of the murders, Hodgkinson said.



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NFL kickoff event honors service members

By K.L. VANTRAN
American Forces Press Service

WASHINGTON — A little rain didn't deter thousands of military people and family members from staking out prime spots for the National Football League's kickoff concert on the National Mall earlier this month.

The event, formally promoted as "NFL Kickoff Live 2003 From the National Mall Presented by Pepsi Vanilla," saluted America's service members and Department of Defense civilians. It was open to the public, but was designed to honor America's military forces, as part of Operation Tribute to Freedom, [http://www.defendamerica.mil/otf/index.html] especially those who have participated in the global war on terrorism.

Army Reserve Staff Sgt. Philip Nelson, a respiratory specialist with the 865th

Combat Support Hospital from Utica, N.Y., was one of the first to camp out next to the stage.

Nelson was dressed in his desert battle dress uniform, his boots caked with fresh mud. The week's rain took its toll on the mall's infield, leaving ankle-deep mud and puddles. But the noncommissioned officer had become used to navigating the slippery field. He arrived Sept. 1 to help as a volunteer with NFL Kickoff 2003, and decided to stay for the concert.

As a light rain began to fall, the staff sergeant who served in an armed forces hospital in Camp Doha, Kuwait, used a towel to wipe his brow.

"We just got back," he said. "We were there Dec. 2 (2002) until July 4 (2003). I wish our whole unit could be here. It's great that they're honoring the service members."

As a civilian, Nelson works for Oneida (N.Y.) Health Care. He said his employer,

neighbors and community were very supportive while he was away.

He said he had support when he deployed during 1991's Operation Desert Storm, but it was "not like this." "I received a package almost every day, which put me in a little trouble with the other soldiers - but it was a good trouble," he noted.

"When I came home, there was a 'Welcome Home' sign on my house. The support has just been great," he added.

Army Reserve Pfc. Eric Ambler, a military policeman with the 447th Military Police Company, Akron/Zainesville, Ohio, said his employer also has been very supportive.

Just back from working in a prison in Iraq, Ambler came to the concert with a group of service members who are being treated at Walter Reed Army Medical Center here.

The private first class said he was taken to a hospital in Germany, and then to Walter Reed after suffering from seizures. His fellow MPs, including his wife, Shannon, a specialist assigned to the company, are still in Iraq.

The young man's eyes teared as he said, "I wish I could trade places with her."

As for the concert, Ambler said it was a very nice event. "I just hope all the troops who come home will be treated just as well," he added.

As festivities got under way, Interior Secretary Gale Norton welcomed the crowd

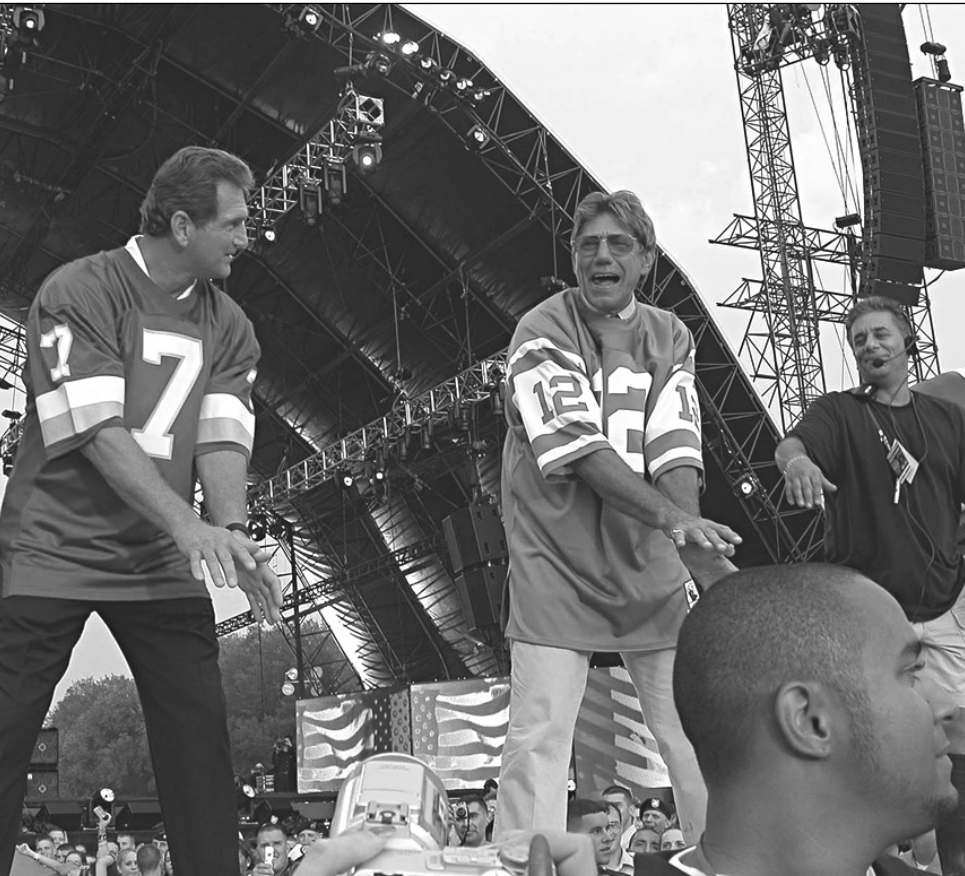
and encouraged guests to volunteer with the Take Pride in America Program [http://www.doi.gov].

While local band Good Charlotte from Waldorf, Md., appeared to have quite a following, it was headliners Mary J. Blige, Britney Spears and Aerosmith who drew the most applause.

Eleven-year-old Molly Brown, who attended the concert with her stepfather, Marine Corps Gunnery Sgt. Terry Loman, Company B, Marine Cryptologic Support Battalion, Fort Meade, Md., said she was there to see Britney, and wouldn't leave even if it rained harder. But as the concert kickoff approached the skies cleared and the pre-teen didn't have to make good on her boast.

Loman, whose unit provides intelligence support to troops on the front lines, called the concert an "outstanding" event. "It's great they're providing support and honoring the military, especially the guys up front."

The concert concluded with Aretha Franklin performing the national anthem just before the kickoff of the first NFL game of the season. Jumbo-sized monitors set up along the mall carried the national telecast of the season opener between the Washington Redskins and New York Jets at nearby FedEx Field. The Redskins won, 16-13, in the final seconds with a 33-yard field goal from former Jet John Hall.



Former NFL quarterbacks Joe Theismann of the Washington Redskins and Joe Namath of the New York Jets clown around on stage before the opening of the NFL Kickoff 2003 celebration Sept. 4 on the National Mall. The event was featured a concert with performers Aerosmith, Britney Spears, Mary J. Blige, Aretha Franklin and local band Good Charlotte. Photo by Sgt. 1st Class Doug Sample.

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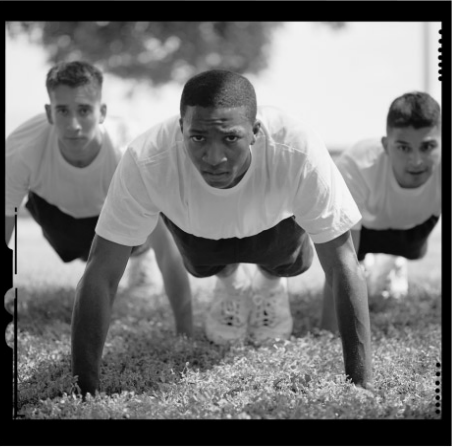
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Air Force colonel reflects on Sept. 11 attack on Pentagon

By **RUDI WILLIAMS**
American Forces Press Service

WASHINGTON — Air Force Col. Diana Fleek sat alone on the Pentagon parade field among hundreds of gray metal chairs left empty by throngs of people who had just attended the Oct. 11, 2001, one-month anniversary of the terrorist attack on the nation.

At the time, Fleek said she was pensively reflecting on the evil of the Sept. 11 terrorist attacks that killed and wounded thousands of innocent people at New York's World Trade Center and the Pentagon, and in a plane crash in Pennsylvania.

Remaining in her seat after everybody else departed was, Fleek said, her way of showing "the utmost respect and reflection for the lives lost, their families, the hundreds of friends, (and) the incredible acts of bravery, heroism and compassion that followed."

She was thinking about how appreciative she is of the folks who lost their lives in the attack. "Not just in the Pentagon," said Fleek, "but in the Twin Towers World Trade Center in New York, and the airliner that crashed in Pennsylvania, too."

"By appreciative, I mean that an entire act is hope to the rest of the world," said the now-retired former DoD Reserve Affairs deputy director of the innovative readiness training programs for Guard, Reserve and active duty forces.

Fleek said now in 2003 she has a little bit of a different take on the tragedy that galvanized the nation. She retired from the Air Force in February 2002 and now lives in Texas on her horse-breeding ranch.

"I think that the people whose lives were lost that day were people that knew there was a destiny and purpose for their lives," said the colonel-turned-cowgirl. She's now "living, working and playing" on her horse-breeding ranch near the Texas A&M college town of Commerce with her daughter, Jessica.

Noting that she doesn't want to lose sight of that thought, Fleek said memorial services should celebrate people's lives, not mourn their deaths. "I feel very spiritual about the folks who died in the Pentagon," she said.

They didn't die because they were in the wrong place at the wrong time, Fleek said. "They were in the right place at the right time," she noted. "That's what I think we should celebrate for them. They were exactly where they wanted to be."

"All of humanity understands the good of the whole," she noted. "When we stay very narrow-minded, life and death are not a continuum, but a finality. Then we don't appreciate the fact that there was a great sacrifice that these people made for the good of the whole."

"(Secretary of Defense Donald H.) Rumsfeld said out of great evil comes great good. That's a wake-up call for the world,"

she pointed out.

When the airliner crashed into the Pentagon, Fleek was on the phone with her daughter, who was at their new home in Texas. She and members of her former office staff were lucky people. They'd moved out of harm's way shortly before Sept. 11.

"We'd moved to the second wedge of the Pentagon four weeks earlier," Fleek noted. "As a matter of fact, the airplane's cockpit took the place of our former offices."

In an interview after the attack, Fleek said, "We knew we had been hit, but we didn't know what it was — we just knew there was an explosion. We all felt it quite literally. The building shook, and the windows rattled. Thousands were evacuated. It was done very quickly and very orderly."

"As we looked over our shoulders, all we could see was a huge black ball of smoke, moving eastward, coming at us," she continued. "Then we heard the rumble of a jet above us, and looked up to see an F-16 pass over the Pentagon. Those fighters up there brought a rush of emotions in our hearts and had a tremendous effect on everyone. I couldn't have been prouder to be an Air Force officer. It was an incredible moment in time, and I'll never forget it."

In another interview last week, Fleek said she was in "complete disbelief that someone would be so naive to think that they could penetrate the structure of the building or the will of the people housed

in it."

Sitting alone among hundreds of empty chairs "was an opportune time to make a personal pledge - never forget the destructive power of hatred and prejudice and to move forward with a greater determination to create value, every day, somehow," said Fleek.

"I wanted to deeply internalize my feelings," she continued. "Those people's lives were not wasted. Our nation now had the opportunity to be the Phoenix rising up out of the ashes."

She has since reunited with her daughter and family, as well as friends all over the world. Fleek has taken up scuba diving and snow skiing again, and said she is loving the new business of breaking, training and showing quarter horse colts.

She said she's also been appointed to a regional leadership position in a worldwide group serving as a nongovernmental organization of the United Nations. Fleek, who has spoken several times at local American Legion and Veterans of Foreign Wars events, said people have a tendency to introduce her as the colonel who "was in the Pentagon on 9-11."

Asked if her thoughts have changed during the past two years, Fleek said, "Absolutely not!" Referring to the nation's response to the 9-11 attacks, she noted, "The revolution of a nation begins with individuals. That's the law of cause and effect."

Split disbursements of settlements now mandatory

By **SGT. 1ST CLASS DOUG SAMPLE**
American Forces Press Service

WASHINGTON — A new requirement under the 2003 National Defense Authorization Act has made it mandatory for military government travel card users to use the "split disbursement" option when filing temporary duty travel claims, according to a press release by the Defense Finance and Accounting Office in Indianapolis.

In split disbursement, the government pays the credit card vendor directly when a traveler uses the card and files a voucher for reimbursement, while additional money owed to the traveler goes to the traveler's bank account. Without split disbursement, the traveler receives the entire voucher settlement, and in turn pays the credit card bill.

Until the new policy took effect in April, military people could choose between split disbursement or receiving the entire settlement and paying the credit card bill themselves.

Civilian federal workers still have that choice.

Split disbursement is seen as a way to pay the official travel card expenses quickly, and at a cost savings to cardholders, according to information on the DFAS Web site. The option eliminates the need to write out personal checks or pay for stamps to mail payments.

The change also affects partial and accrual payments for long-term temporary travel and local travel, if a government credit card is used.

According to the DFAS release, military travelers must now include all official expenses charged on the credit card in the

split disbursement payment block of their travel settlement vouchers. These charges will be paid directly to the vendor — currently Bank of America — by DFAS.

The release states that supervisors, travel approving officials and reviewers must return to military travelers claims that do not accurately reflect charges that are to be paid to the credit card vendor. In addition, a reviewer's signature is required on the travel claim before it is sent to DFAS for payment. The reviewer must also sign off that the split disbursement option is included and the amount of the split disbursement is accurate, the release stated.

The move to make split disbursement mandatory for military traveler may be seen as a way to curb delinquencies in government credit card accounts held by military personnel.

According to a General Accounting Office report in October 2002, military government cardholders were responsible for more than \$60 million in bad debt charged off by Bank of America earlier that year.

But DFAS spokesman Roger Still states on the Web site that overall the number of DoD credit-card holders with delinquent accounts is a "small percentage" of the total population who have the card. He said in August about 1.7 percent of all DoD cardholders had delinquent accounts.

"So the bottom line is, more than 98 percent of DoD cardholders pay their bills on time, while the commercial sector regularly sees delinquency rates of about 4 percent," he explained.

For more information on the new split disbursement policy, military people should contact their local travel office or go to the DFAS Web site [<http://www.dfas.mil>].



Then-Air Force Col. Diana Fleek sits alone among hundreds of empty gray metal chairs at the Pentagon site on the Oct. 11, 2001, commemoration of 9-11. She said she used the occasion to reflect on the evil of the Sept. 11 terrorist attacks that killed and wounded thousands of many innocent people at New York's World Trade Center and the Pentagon, and in a plane crash in Pennsylvania. *Photo by Rudi Williams.*

Forrestal Village Chapel offers a variety of programs

The Forrestal Village Chapel staff are looking for adults willing to work with junior and senior high youth at Forrestal Village Chapel. Come and be part of a vibrant program for youth that will include devotionals, music videos, sports, and food. All prospective volunteers can call the chapel staff at (847) 688-3490/91.

On Thursdays from 6:30 - 8 p.m. Women's Bible Study will. Is your life out of control? Do people take advantage of you? Do you have trouble saying no? Are you disappointed with God because of unanswered prayers? Boundaries by Dr. Henry Cloud and Dr. John Townsend is the new study the group will pursue. Having clear boundaries is essential to a healthy balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. Boundaries

define who we are and who we are not. Childcare will be provided in the chapel nursery.

On Thursdays from 4:30 - 6 p.m. Patch the Pirate club meets. Patch the Pirate Club is a unique children's choir program. Each month the club emphasizes a new godly character lesson taught through songs, stories, Bible lessons, music lessons, activity pages, daily devotions, and performances. Patch the Pirate Club provides opportunities for elementary-aged children to grow spiritually while developing musically. It's a great club for character building fun!

On Sundays from 8:45 - 9:45 a.m., Adult and Children's Sunday school takes place. Come on out and study various biblical topics and passages every Sunday Morning. Doughnuts and coffee are provided, and childcare is available in the chapel nursery.

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Pipeline sustains operations in Operation Iraqi Freedom

By SPC. PETERSI LIU
Special to the AFPS

CAMP ARIFJAN, Kuwait — Without access to millions of gallons of fuel, Operation Iraqi Freedom missions would grind to a halt. It's the job of the Army's 49th Quartermaster Group to make sure that doesn't happen.

During the operation's March offensive, the group kept the fuel flowing through its Inland Petroleum Distribution System, or IPDS — 220 miles of pipeline that ran from Camp Virginia, Kuwait, to Iraq.

The 3rd Infantry Division's Abrams tanks, Bradley fighting vehicles, armored vehicles and support fuel tankers required fuel stops to advance from Kuwait to Baghdad, said Army Master Sgt. Antonio Elope, petroleum operations noncommissioned officer in charge of the quartermasters' command group.

The 416th Engineer Command worked with the 49th to build the pipeline, which features 20 pump stations and seven fuel-storage sites that can combine to provide 8 million gallons on-hand fuel capacity. "The engineers' contributions allowed the 49th QM Group to provide more than 90 million gallons of fuel to the battlefield, of which more than 60 million gallons were pushed via the IPDS," said Capt. Dena Ridenour, a 49th battle captain.

The pipeline now stretches from Kuwait refineries to Tallil, Iraq. It powers the coalition's machines with 600 gallons of fuel per minute running through its 6-inch-diameter aluminum pipe, said Pfc. Michael Hewitt, a fuel specialist with the Army's 267th Quartermaster Company.

Hewitt, a fuel pump operator at Camp Udairi, Kuwait, said the pipe's pressure requires constant monitoring. "There are many pressure gauges to maintain a steady flow of fuel," he said. "If left unchecked, the velocity can get so high that it can burst the pipeline somewhere."

"If the fuel pipe is stopped for just five min-

utes," he continued, "a whole brigade might be left without fuel. That is why my job is so important — there are many people who rely on fuel to survive."

The quartermasters' objective is to be able to send 1.3 million gallons of fuel per day into the theater for ground forces, said Capt. James Zacchino, petroleum officer of the 49th. The group consists of the 240th, 260th, 362nd and 559th quartermaster battalions and other subordinate units.

The 240th operates the pipeline terminals, Zacchino explained. The group's soldiers are trained to spot suspicious activities, and they patrol to ensure bandits don't steal fuel or sabotage the pipeline.

Zacchino said the 260th and 362nd provide petroleum to camps in Iraq that don't have direct access to the main pipeline, using 5- and 70-ton tanker trucks, respectively. The 559th provides water operations, with 29 trucks designed to carry water purification units, each of which can purify 3,000 gallons of water per hour from the Euphrates River, the captain said. He added that purified water is essential for consumption, food preparation and showers for people assigned in the theater.

The 49th has more than 750 fuel and water trucks. Its operations directly support the Army's 5th Corps and 101st and 82nd airborne divisions, the 1st Marine Expeditionary Force and coalition forces.

Fuel isn't used just for vehicles, Zacchino pointed out. Fuel powers the generators that provide air conditioning for tents, power for computers and telephones and the other electrical needs of forces in the theater, he said.

Plenty of fuel is available, and not a single mission has been compromised because of fuel shortage, Zacchino said.



Army Pfc. Michael Hewitt, a fuel specialist with the 267th Quartermaster Company, checks a minor leak in the 49th Quartermaster Group's Inland Petroleum Distribution System pipeline at Camp Udairi, Kuwait

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Cabin Fever (R)	Fr-Sa, Mo-Th 1:25, 4:15, 7:00, 9:45
Matchstick Men (PG13)	Su 1:25, 9:45
Matchstick Men (PG13)	Open Caption Su 4:15, 7:00
No Good Deeds (R)	2:00, 4:30, 7:15, 9:40
Dickie Roberts (PG13)	1:40, 4:05, 6:30, 9:00
The Order (R)	1:30, 4:00, 7:10, 9:40
Jeepers Creepers 2 (R)	2:00, 4:30, 7:05, 9:30
Italian Job (PG13)	Fr, Su-Th 1:00, 3:35, 6:00, 8:30
Italian Job (PG13)	Sa 1:00, 3:35
Fighting Temptations (PG13)	Advanced Showing Sa 7:15
Medallion (PG13)	12:30, 2:50, 5:05, 7:20, 9:35
Dirty Pretty Things (R)	9:50
My Boss's Daughter (PG13)	7:05, 9:15
Freddie Vs. Jason (R)	Fr-Sa, Mo-Th 1:05, 3:30, 5:55, 8:20
Freddie Vs. Jason (R)	Su 1:05, 8:20
Secondhand Lions (PG)	Advanced Showing Su 5:00
Open Range (PG13)	Fr, Su-Th 1:15, 4:20, 7:45
Open Range (PG13)	Sa 1:15, 4:20
Under The Tuscan Sun (PG13)	Advanced Showing Sa 7:45
Uptown Girls (PG13)	4:15, 9:25
SWAT (PG13)	1:10, 3:50, 6:35, 9:10
Freaky Friday (PG)	1:00, 3:15, 5:30, 7:40
American Wedding (R)	2:30, 5:05, 7:35, 10:00
Sea Biscuit (PG13)	12:30, 3:30, 6:30, 9:30
Tomb Raider 2 (PG13)	1:30, 6:40
Spy Kids 3D (PG)	2:15, 4:25
Bad Boys 2 (R)	3:10, 6:25, 9:35
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Navy Cargo Handling Battalion Seven still moving the hook

By LT.J.G. JOE STUBITZ
NCHB-7

Navy Cargo Handling Battalion Seven (NCHB-7), Great Lakes, Illinois, a commissioned Naval Reserve Unit, is part of the 14 Battalion Naval Expeditionary Logistics Support Force located in Williamsburg, Virginia has reached a pinnacle in its history.

It celebrated its 25th anniversary since being commissioned and it doesn't appear to be slowing down any time soon. Just off the heels of a successful performance at its Status Of Readiness and Training Validation (SORTS) in July, the Battalion celebrated with a trip down memory lane.

In 1970, the Navy Cargo Handling and Port Group (NAVCHAPGRU now known as Cargo Handling Battalion ONE) was established. NAVCHAPGRU is an expeditionary logistics support unit of the operating forces of Commander, Combat Logistics Squadron Two. The original Cargo Handling Force in 1970 consisted of six battalions. Inclusive in those six, were the establishment of Navy Cargo Handling

Seven, established in 1978. Subsequently, in 1980, six more battalions were added. In 2000, two Supply Support Battalions were added.

In 1978, at a time when the Soviets invaded Afghanistan and the Camp David Accords were signed, NCHB-7 was organized. It originally was comprised of a Headquarters and a Detachment-Alpha located at Great Lakes. In addition, Detachment Bravo in Wisconsin, Charlie in Minneapolis and Foxtrot in Michigan were established. The first two years were spent going to school and learning the ropes of cargo handling.

The Battalion gained steam in its experience over the next several years. In the early 1980's NCHB-7 began the acquisition and installation of a twin post yard and stay rig that was salvaged from a Great Lakes cargo ship. At this time, the US intervened in Grenada and the space shuttle Columbia completed its first mission.

NCHB-7 participated in many training sessions and real world operations. They handled offloads from the *USS Coronado*, and participated in Joint Operations with

TRANSLOT 86 and FREEDOM BANNER 86. Later in the decade of the 80's the Battalion traveled to Guam for the off-load and backload of the SS NOBLE STAR.

While this took place, Battalion personnel also came to the aid of the local Guamanian population, which had just experienced a typhoon. Additionally, a 13,000 square foot warehouse was constructed. This was a first for any cargo handling battalion. Meanwhile, the Soviets left Afghanistan after nine years of war and the US invaded Panama and arrested General Manuel Noriega

To begin the decade of the 90's and at a time when Operation Desert Shield and Desert Storm began, the battalion participated in NORTHERN STAR, again a first for any cargo handling battalion. NORTHERN STAR was a joint NATO exercise, which took place in the North Sea with the Battalion summoned to Greenock, Scotland. The Battalion's mission was to load out the *SS Cape Ann* with 500 pallets of fresh produce at Greenock. The Cape Ann in-turn sailed to rendezvous with the *USS Shenandoah* for an underway replenishment (both in-stream and vertical replenishment at sea). In addition, the Battalion's operations consisted of GALLANT EAGLE, which was a joint exercise with Marine Expeditionary units at Camp Pendleton, Calif. The Battalion's Air Cargo Team augmented airfield personnel in the palletizing, loading and unloading of a C-141 Stratolifter aircraft.

Moving through the early and mid 1990's NCHB-7 continued its pattern of operational support to the Fleet. The Battalion was assigned to participate in TRIDENT ARCH I, which entailed the off-load and backload of the fleet hospital support ship *M/V Strong Virginian*. Real world events consisted of the bombings of the World Trade Center in New York City and the Alfred P. Murrah Federal Building in Oklahoma City. Additionally, U.S. peace-keeping forces left Somalia.

Closing out the decade of the 90's, ten-

sions mounted in Kosovo. The Battalion returned to Guam for its next operation. NCHB-7 worked with NCHB-14 and performed an off-load and backload on the *M/V Greewave* in just five days, another first for the battalion. And just like in 1989, the battalion found itself offering assistance to the local populace as another typhoon went through the area. The Navy Expeditionary Logistics Support Force (NAVELSF), the ISIC of reserve cargo handling battalions, sought to reorganize all CHBs.

They brought all of the operational aspects of these units together (movement of cargo and personnel) under one umbrella and place all the support elements (berthing, messing, communications and warehousing) under a separate group called SSB (Supply Support Battalion). NCHB-7 was reorganized with a Headquarters and surface companies Alpha and Bravo stationed at Great Lakes. Surface companies Charlie and Delta were established in Indianapolis and an Air Company in Minneapolis.

A new century saw the catastrophic events of Sept. 11 and subsequently, the war in Afghanistan. The Air Company of NCHB-7 was mobilized in support of OPERATION NOBLE EAGLE, which supported operations in the Middle East and in particular Afghanistan. In the present day, the Air Company is now home and while the War in Iraq began, NCHB-7 has just completed a very successful SORTS Validation. The SORTS is a readiness and assessment cycle that all Cargo Handling Battalions must go through and pass in order to support the Fleet in operations around the world.

NCHB-7 has seen its ups and downs over the years. However, it has always lived up to its reputation of "easy to do business with" and the pride of the Midwest. All Cargo Handling Battalions support the fleet with the widely adopted motto of the "keep the hook moving." Well, NCHB-7 is 25 years old and the hook is still moving.



Cmdr. (Sel) Peter Magnuson, the Executive Officer of NCHB-7, recounts the history of the cargo-handling battalion to the attendees at the 25th Anniversary celebration. Photo courtesy NCHB-7

Retired Navy captain's short book looks at small military engagements

By LT. CMDR. YOUSSEF H. ABLOU-ENEIN
Bulletin Book Reviewer

Reviewed this week is *America's Splendid Little Wars: A Short History of U.S. Military Engagements* by Peter Huchthausen, published by Penguin-Viking Books, New York, 229 pages.

Military author and retired Navy Capt. Peter Huchthausen discusses the military operations under five American presidents from Gerald Ford to Bill Clinton. Readers are immediately struck by how small actions in Panama, Grenada, Somalia, Iran and Lebanon dominate and influence America's military more than direct super-power confrontation. Navy Recruits will find this an easy read that will broaden their knowledge about America's recent conflicts.

The first chapter deals with the *SS Mayaguez*, an American container ship that was seized by Cambodian Khmer Rouge renegades in the Gulf of Siam. American merchant sailors were able to send a out a call for help on the international wave fre-

quency, that triggered a series of events leading to President Ford's decision to use US forces to regain control of the ship and rescue the crew.

The book details the combined Navy and Marine Corps operation that focused on Cambodian positions at Rong Sam Lem and Kah Tang Islands, where the *Mayaguez* was intercepted. A combined US airstrike on Kampong Sam oil depot and Ream air-base denied the Cambodian army its only means of supporting forces on the two islands mentioned.


There were seven Marine and two Navy Corpsmen as casualties, who were victims of anti-air fire that brought down their helicopter. The Navy and Marine Corps however did succeed in regaining the ship. The *Mayaguez* incident was the first time an American president exercised the authority to conduct military operations after the passage of the 1973 War Powers Act.

Another chapter looks at Operation Eagle Claw in 1980. It was a complex Special Operations mission designed to rescue the hostages in Iran. The books reveals how the Army's elite Delta Force requested to conduct a survey of Teheran and the American embassy right after the 1979 Iranian Revolution in anticipation of American hostage taking.

The request was denied by the Army Chief of Staff. The operation was fraught with many problems, from mustering experienced helicopter pilots to the designation of several landing points in Iran, Oman and Navy ships off the Arabian Sea. The mission turned disastrous when a C-130 collided with a helicopter on a desert airstrip in Iran, killing its occupants and embarrassing the Carter administration. As a result the Joint Special Operation Command (JSOC) was created that better coordinated Navy, Marine, Air Force and Army Special Forces assets.

Pick up Huchthausen's short book and immerse yourself in military operations that have altered the shape of the U.S. military.

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Mag Gen. Murray to visit on Retiree Day

Military retirees of all the services are invited to attend a Military Retiree Day Saturday Sept. 20 at the Great Lakes Naval Station in Building Four. The doors will open at 8 a.m., and the event will begin at 9 a.m.

This year's keynote speaker will be Maj. Gen. Richard D. Murray, USAF (Retired), President of the National Association for Uniformed Services.

More than 40 organizations will have information tables set up in Bldg. 4, where the event will take place. Services available will include ID card renewals, vehicle registration, and health information provided by the Great Lakes Naval Hospital staff.

In past years, the annual Retiree Open House has attracted as many as 1,000 visitors.

For information about registration, visit or call the NTC Great Lakes Retired Activities Office, located at the Fleet and Family Support Center in Bldg. 42 at the Naval Station (847) 688-3603, Ext. 118.

...

Murray served 31 years in the United States Air Force. He was born in Shreveport, La., where he completed his elementary and secondary education. He graduated from Baylor University, Waco, Texas in 1954.

He entered the U.S. Air Force through Baylor University's Air Force Reserve Officers' Training Corps commissioning program in March 1954. His initial assignment was as base budget officer at Webb Air Force Base, Texas.

In July 1956 he was assigned to the Directorate of Budget, Headquarters United States Air Force in Europe. He attended Squadron Officer School in 1960 and remained there as an instructor until August 1964. After graduating from Air Command and Staff College he was the Air Force Comptroller in Madrid, Spain from 1966 to 1969. From August 1969 to August 1970 he served in Vietnam.

The general was comptroller at Seymour Johnson Air Force Base, North Carolina from 1970 to 1973. In January 1973 he moved to Headquarters Tactical Air Command. In July

1974 he became the Command's Director of Budget and became the Command's Comptroller from 1976 to 1979. From 1979 to 1981 he was assigned to the Pentagon as Deputy Director of Budget. He served as Commander of the Army and Air Force Exchange Service from 1981 to 1985.

His military decorations and awards include the Distinguished Service Medal,

Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Joint Service Commendation Medal, Air Force Commendation Medal with one oak leaf cluster, Republic of Vietnam Armed Forces Honor Medal First Class and Republic of Vietnam Air Service Medal Honor Class.

Murray is married, and has three grown children.

Deployed troops will get a break on school loans

By K.L. VANTRAN
American Forces Press Service

WASHINGTON — Military personnel who have been deployed or mobilized are not required to make student loan payments during their absences.

Federal regulations require lenders to postpone the student loan program payments of active duty military personnel. This applies to members of the National Guard and Ready Reserves who have been called to active duty, as well as to active duty personnel whose duty station has been changed as a result of a military mobilization.

"Many of the brave men and women serving our nation right now have put their personal lives on hold to answer the nation's call to duty," said U.S. Education Secretary Rod Paige in a news release earlier this year.

"As they defend the freedoms we cherish, our soldiers should not have to worry about their student loan obligations and resuming their studies."

He encouraged the higher education and lending communities to be flexible and provide assistance to service members, so they can "easily resume their studies and finan-

cial obligations after they complete their tours of duty."

The regulations apply to student loans made under the Federal Family Education Loan, William D. Ford Federal Direct Loan and Federal Perkins Loan programs.

The law also requires that active duty military people who have not begun the repayment period on their loans continue to receive a grace period (generally six months) before repaying their loans. Students who were in school at the time of mobilization must also be given a reasonable period to resume school before lenders request payments.

Colleges will not be required to collect financial aid funds that now-active duty students were given to pay for books and living expenses.

Additionally, Education Department officials encourage colleges and universities to either fully refund tuition and other institutional charges or give comparable credit against future charges to students forced to withdraw from school to fulfill their military obligations.

Additional information is available by calling (800) 433-3243 or visiting the Department of Education Web site <http://www.ifap.ed.gov>.

NSWC Crane is critical to Marine Corps operations

WASHINGTON — NSWC Crane sent a team of 25 engineers, technicians, and explosive workers to Camp Fox, Kuwait, to participate in Marine Corps Class V (W) Ground Ammunition Reconstitution, Regeneration, and Retrograde (R3) Operations. The Marine Corps Central Command (MarCent) requested and funded the operations.

The experienced munitions team was responsible for assessing the safety and quality of the ammunition in country. The assessment operation determines whether the ammunition is sent directly to Maritime Pre-positioned Force ship storage, shipped back to CONUS for use in training or long-term storage, or destroyed in country.

The Crane team is an integral part of the

overall ammunition reconstitution program. Only safe and reliable ammunition will be allowed to re-enter the Marine Corps stockpile. Within a three-week period, the qualified team was assembled, obtained the necessary paperwork, and completed logistical arrangements as requested by the Marine Corps System Command (MAR-CORSYSCOM), which is the lead planner for the ground ammunition R3 effort.

NSWC Crane provides ammunition, technical, and logistical routine support to MARCORSYSCOM in the areas of acquisition, surveillance, training, and maintenance planning and execution. The NSWC Crane team's experience uniquely qualified it to provide the R3 support needed. The R3 effort will require an estimated 45 to 90 days to complete.

Join team NMCRS Great Lakes

Everyone at Great Lakes is invited to join the Navy-Marine Corps Relief Society (NMCRS) and be part of their volunteer team. Volunteers can:


- Receive reimbursement for childcare expenses and mileage.
- Help people with an emergency need.
- Obtain training for jobs performed.
- Develop new skills or improve on existing talents.

Volunteer opportunities available with NMCRS Great Lakes are for the following

positions:

- Thrift Shop workers who accept and organize donated items for resale through the NMCRS Great Lakes Thrift Shop.
- Receptionists who provide information, greet clients, and process data.
- Caseworkers who listen to requests, make decisions and disburse funds to meet client needs.

Call the Navy-Marine Corps Relief Society Great Lakes at (847) 688-6830/31 for an application or call for more information.




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Directions:Northgate is located in Northern Lake County, in the heart of New Waukegan. The location is convenient to I-94, US-41 and Grand Avenue (Route 132). Residents have easy access to Lake County's employment centers, Chicago or Milwaukee, Gurnee Mills Shopping Center, Six Flags Great America, Lake Michigan and excellent golf courses.

Great Lakes Youth Center Bldg. 2600

Great Lakes, Kid's World-Glenview and Sheridan Youth and Family Activities (YFA) serves the housing communities of Great Lakes, Sheridan and Glenview. The Great Lakes Youth Center and Gym (GLYC) is located in Forrestal Village, Bldg. 2600, 688-5573. The Sheridan Youth Center (SYC) is located in Bldg. 369, 688-7169. Kid's World (KW)-Glenview is located in Bldg. 2101, 832-9580. The following activities are open to military/DoD families and their guests. Center membership is free for military family members. Guests may be admitted with a sponsor for an additional fee. Call for details.

Ongoing programs

The Great Lakes Youth Center will provide a variety of programs for toddlers and their parents beginning in September: Wee Talk N' Sing (signing for communication), Music In The Box, Mark Miller's Munchkin Sports and Coach Willie's Sports Center. These classes provide toddlers with comprehensive musical, visual, physical and social development. Best of all, these classes provide quality family time and positive interaction between toddlers and their parents.

Arts and crafts workshops

Get creative every Wednesday at 5 p.m. with free Arts and Crafts Workshops, open to youth of all ages. The workshop size is limited to 15 participants, so arrive early to reserve your spot.

Tae kwon do classes

Tae kwon do classes are offered on a monthly basis every Tuesday and Thursday evening. The classes are offered to all ages 5 and older. The costs of the classes are \$16 for four classes and \$32 for eight.

Roller-skating

Enjoy an evening of roller-skating with

your friends at the Great Lakes Youth Center. Roller skating is held every Friday and Saturday night from 6:30-9:30 p.m. The cost to roller-skate is \$3 per child. Roller-skates are available for rent for an additional \$2 fee. All skaters must present a military I.D., and sponsored guest must have a picture ID.

Balloon deliveries

Surprise your friends, co-workers, or loved ones by sending them balloons. We have them for all the special occasions, birthday, or holiday. Basic Balloon deliveries includes one 18" Mylar helium balloon with personal message card attached to a bag of colorful candy. Deliveries are made Monday-Friday from 10 a.m. to 3 p.m. to NTC, RTC, and Great Lakes housing. Order in person at the Youth and Family Center, Bldg. 2600 on Pennsylvania Ave., Forrestal Housing. 24-hour advance notice is required for delivery.

Playgroup

Looking to meet new people and have your child make new friends? The Great Lakes Youth Center has a playgroup that meets on Monday and Wednesday mornings from 10-12 in the Fun Zone area. Ages infant to 5 years old. Cost is \$2 per child.

Birthday parties

Looking for a great place to have a birthday party? Call the Great Lakes Youth Center 688-5573 for more information.

Hungry?

Did you know the Youth Center sells tasty snacks? Burritos, hot-pockets and more are available.

Computer room

The computer room is now open, providing youth the opportunity to write papers, work on homework, surf the net, e-mail

friends and/or play video games. All games are suitable for children of all ages. For those youth age 17 and under who would like to surf the net, a parent or guardian must fill out a permission slip. The computer room is open from Monday through Saturday.

Monday night at the movies

Tired of paying \$8-10 to see a movie? Then stop by the Youth Center on Mondays to enjoy current movies at no charge, and free popcorn. Movies are played on our state-of-the-art 8-mm projection screen. All movies begin at 4:30 p.m. and end around 6 p.m.

Classes

Openings for Dance, Tumbling and Ballet Class are still available.

Preschool Dance and Tumbling 1 is available for children ages 3-4 on Monday from 5:10 – 6 p.m., and costs \$32. Dance and Tumbling II is available for ages 5-6 on Monday from 6-6:50 p.m. at a cost of \$32. Ballet and Tap Combo is available for children ages 6 and up on Monday from 6:50-7:40 p.m. at a cost of \$32.

There must be a minimum of seven participants per class or the classes could be combined. Maximum of 15 participants per class.

North Shore American Heart Walk is seeking volunteers

The 2003 Lake County North Shore American Heart Walk to benefit the American Heart Association will be held on Sept. 14, at 8:30 a.m. in Conway Park.

Local volunteers coordinate this three-mile walk, and the money that is raised is used for lifesaving heart and stroke research, programs and education.

Companies organize walk teams of 10-12 employees each, with a goal of raising awareness about the dangers of heart disease.

Participants ask their friends, family and business associates for donations to support their efforts. Last year, walkers in the Lake County North Shore raised an average of \$268 each.

In addition to the walk, the day will include healthy refreshments and a health fair with free cancer screenings.

For more information, or if you're interested in volunteering for the Heart Walk, call Sarah Skala or Jennifer Nechleba at (312) 346-4675.

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CPO PRIDE

(Continued from page 1)

National Anthem and recited the Sailor’s Creed.

The Selectees then marched to Milton Olive Park, named for Chicago Medal of Honor Winner Milton Olive III who was posthumously awarded the nation’s highest medal for service in Vietnam. At the park, the selectees had the opportunity to meet Medal of Honor recipient retired Navy Capt. Thomas G. Kelley of Boston, Mass., who spoke to them about their new role as Chief Petty Officers.

“The American people have decided that your are qualified to take care of their greatest treasure, the young men and women who join the Navy,” Kelley said. “It is your responsibility to lead them and guide them.” Selectees then marched through the streets of Chicago to the historic Water Tower, where they paused to reflect on its history, presented by a group of selectees, and wowed workers and shoppers along the Magnificent Mile with their rendition of the National Anthem and the Sailor’s Creed.

Selectees continued their Pride March by visiting the Tribune Tower, the site of Ft. Dearborn, and Daley Place, where the Eternal Flame burns in memory of all those who have served in the Armed Forces. Along the Pride March, the chief petty officers had the opportunity to meet the city director of special events for Daley Plaza and Mrs. Paul Harvey, who thanked the chiefs for their service to the nation.

Arriving at the Chicago Westside VA Hospital, the future chief petty officers presented smiles and Beanie Baby Hero Bears, donated by the USO, to inpatients. “This was an opportunity for us to thank them for what they have done,” said HMC (Select) Jolynn Cummings of RTC. “If it was not for what they have done, we would not be able to serve our country.”

The Chief Petty Officers then visited the National Vietnam Veterans Art Museum, where Medal of Honor recipient Allan Lynch of Gurnee, Ill, greeted them.

Following a tour of the museum, which features artwork by veterans of the conflict that express their thoughts, feelings and memories of the conflict. “The life of our nation depends on you,” Lynch, an Army veteran, told the selectees and he reminded them not to give up on a Sailor. “I was a ‘dud.’

“I was kicked out of OCS and had two Article 15 hearings in my first year of service. Don’t give up on the young people who choose to serve with you.” The Sailors capped off the day my marching through Chicago’s Grant Park and shouting out loud and proud during a CPO chant off in front on Buckingham Fountain.

“It was a great day because it was a great learning opportunity not only for our chief selectees, but for the chiefs as well. It was an opportunity for us as a Navy to give back to the community and to the veterans who have given so much to this country,” said FORCM Greg Pratt of Naval Education and Training Command.

The event was organized by Tadej, LICS Russ Robel of Training Support Center Great Lakes and HMCS Dan Rodgers of Naval Hospital Great Lakes. The USO of Illinois, under the direction of Lisa Moeller, contributed financial support as well as the Beanie Baby Hero Bears, and assisted in making arrangements with the City of Chicago for the event.

“I hope they will continue this tradition. I really learned a lot and it was a lot of fun,” said MMC(Select) Ed Hajduk.

*Photos by JOC Rhonda Burke and
PA1 Jack Rozkowski of the
9th Coast Guard District*



Chicago Navy Pride Day chief selectees, chief petty officers and USO representatives began their historic day with colors on Navy Pier. The day was designed to give CPO selectees an opportunity to share their heritage with the City of Chicago while also gaining knowledge about the historic sites and veterans who have served their country.



CPO selectees had the opportunity to meet Medal of Honor recipient Capt. Thomas G. Kelley of Massachusetts, who addressed the group in Milton Olive Park, which is named for Medal of Honor recipient PFC Milton Olive III who was only 18 at the time of his death in Vietnam on Oct. 22, 1965. Kelley received the Medal of Honor for action in Vietnam on June 15, 1969. He told the CPO selectees that they have a unique responsibility as leaders and mentors because the American people have entrusted them to care for their greatest treasures, the young men and women who join the Navy.



Chief Petty Officer selectees march through Grant Park in front of Buckingham Fountain singing loud and proud.



Navy chief petty officers and the chief selectees sound off Navy colors loud and proud as the three command groups, representing RTC, TSC and Naval Station, which includes Naval Hospital, Hospital Corps School and REDCOM Midwest, challenge each other to a “chant off “ in front of Buckingham Fountain.



Medal of Honor Recipient Allan Lynch receives a CPO Chicago Pride T-shirt following his address to CPO selectees at the National Vietnam Veterans Art Museum. Lynch told the selectees that “the life of our nation depends on you.”



Director of Special Events for Daley Plaza, Ms. Rose Farina welcomes the selectees to Daley Plaza and thanks them for their service.



HMC (Select) Jolynn Cummings visits with Air Force veteran Leon Gilbert at the Westside VA Hospital. Chiefs presented Beanie Baby Hero Bears from the USO to each veteran and spent time visiting with them. “We are able to serve our country because of what they did to keep us free,” Cummings said.



CPO selectees march proudly down the streets of Chicago with the Sears Tower behind them. Workers came out of their businesses to cheer the chiefs as they marched past.

Many activities planned for Loft patrons this month

The Loft is located on the third floor of Bldg. 2A. The Loft is always alcohol and smoke free. It is open Sunday - Thursday and holidays from 9 a.m. - 10 p.m. and Friday and Saturday from 9 a.m. - midnight. Admission is free unless otherwise noted for age 17 and up. Dependents and DoD employees are eligible, if space permits, on the day of the event. Register for Loft trips during operating hours. For additional information, call 688 - 2219/2214.

Here are the highlights on the calendar:

Sept. 12 - Loft Block Party. This Block Party takes place both inside and outside of the Loft. Games, live entertainment, FREE BBQ, and lots more – all make up this block-buster bash.

Sept. 13 - Skydiving Trip. Don't miss the opportunity to experience a thrill like no other – free fall 14,000 feet. The cost is \$150 for one tandem jump and transportation.

Sept. 14 - Cubs vs. Cincinnati Reds Baseball Game Trip. Spend your Sunday

enjoying summer's favorite sport – when the Cubs take on the Cincinnati Reds. The cost is \$18 for admission and transportation.

Sept. 19 - Ping Pong Tourney. It is free to play. Participants may start signing up for the Tournament at 5 p.m. The Tourney starts at 6:15 p.m., sharp. Prizes will be awarded to the first and second place finishers.

Sept. 20 - Dart Tournament. It is free to play. Participants may start signing up for the Tournament at 5 p.m. The Tourney starts

at 6:15 p.m., sharp. Prizes will be awarded to the first and second place finishers.

Sept. 21 - Brewers vs. D-Backs Baseball Game Trip. Sit back and enjoy this all-American sport when the Brewers challenge the D-Backs. The cost is \$18 for admission and transportation.

Sept. 26 - Late Nite at the Loft. Not tired, yet? The Loft is open after hours from midnight to 2:30 a.m. "Late Niters" will enjoy giveaways, pool and Karaoke contests for prizes.



LIBERTY HOT SPOTS

FEATURE: FLANAGANS

Flanagans, great food, atmosphere, prices

Flanagans, located at 3201 Buckley Rd. in North Chicago, breaks the mold of the usual theme restaurant with a very open, light and airy atmosphere. The Nordic ceiling in the main dining room and an abundance of large picturesque windows bring the outside indoors. They also have a newly renovated patio where guests dine in a beautiful garden setting. Flanagans offers a loft dining room for private parties of up to 45 and a downstairs banquet facility, with a full service bar that caters to as many as 100 people.

A heart-warming breakfast buffet is served every Saturday and brunch on Sunday. They also feature a lunch buffet Monday through Friday. They also serve a dinner buffet, especially prepared for all our graduates at the Great Lakes Naval Training Center.

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Favorites on Flanagans' large and tempting menu include sizzling chicken, beef or shrimp fajitas, or a combination of all three. They also offer delicious pastas, like steaming shrimp or chicken Alfredo, homemade lasagna, and much more.

Flanagans' luncheon menu is filled with a wide variety of crisp salads and delectable sandwiches, all at reasonable prices.

Flanagans invites you to visit its sister restaurants, The Full Moon in North Chicago and Cafe Oceana in Gurnee.

Flanagans is open Monday through Friday from 10 a.m. to 1 a.m.; Saturday from 7 a.m. to 2 a.m. and Sunday from 7 a.m. to 1 a.m. For more information, call (847) 689-9062.





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WED. \$1 Frosted Mug

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FRI. \$5 Long Islands All-You-Can-Eat Fish Fry

SAT. \$1.50 Domestic Bottles \$2 Corona Bottles

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Galley 535 Menu

For September 15-21

MONDAY

Breakfast

Soft & hard eggs
Scrambled eggs
Griddle-fried eggs
Assorted omelets
French toast
Potato sticks
Sausage links
Oven-fried bacon
Assorted cereal
Assorted yogurt

Pastry bar

Bread bar
Beverage bar

Lunch

Turkey
Beef and broccoli
Mashed potatoes
Chicken gravy
Steamed rice
Asparagus

Glazed carrots
Cream of broccoli soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

Dinner

Roast pork
Meatloaf
Brown gravy

Oven-browned potatoes
Green beans
Mixed vegetables
Cream of broccoli soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

TUESDAY

Breakfast

Soft & hard eggs
Scrambled eggs
Griddle-fried eggs
Assorted omelets
Pancakes
Hashbrowns
Sausage patties
Ham steak
Assorted cereal
Assorted yogurt

Pastry bar

Bread bar
Beverage bar

Lunch

Herbed baked chicken
Cheeseburger macaroni
casserole
Baked potato bar
Franconia potatoes
Broccoli

Clam chowder
Salad bar
Bread bar
Beverage bar
Assorted ice cream cups

Dinner

Herbed baked fish
Beef stroganoff
Oven-browned potatoes
Green beans

California-blend
vegetables
Clam chowder
Salad bar
Bread bar
Beverage bar
Assorted ice cream cups

WEDNESDAY

Breakfast

Soft & hard eggs
Scrambled eggs
Griddle-fried eggs
Assorted omelets
French toast
Potato sticks
Grilled sausage links
Ham steak
Assorted cereal
Assorted yogurt

Pastry bar

Bread bar
Beverage bar

Lunch

Oven-fried chicken
fillet sandwich
Spaghetti w/ meat sauce
Garlic bread
Rissole potatoes
Corn O'Brien

Broccoli
Chicken gumbo soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

Dinner

Baked chicken
Pork chops Mexicana
Parsley buttered potatoes

Vegetable stir-fry
Cauliflower
Chicken gumbo soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

THURSDAY

Breakfast

Soft & hard eggs
Scrambled eggs
Griddle-fried eggs
Assorted omelets
Pancakes
Hashbrowns
Sausage patties
Oven-fried bacon
Oatmeal
Assorted cereal

Assorted yogurt

Pastry bar
Bread bar
Beverage bar

Lunch

Turkey á la king
Cajun meatloaf
Steamed rice
Brown gravy
Peas

Carrots
Tomato florentine soup
Salad bar
Bread bar
Beverage bar
Assorted ice cream cups

Dinner

Yankee pot roast
Baked tuna and noodles
Parsley buttered potatoes

Steamed rice
Scalloped cream-style
corn
Broccoli
Tomato florentine soup
Salad bar
Bread bar
Beverage bar
Assorted ice cream cups

FRIDAY

Breakfast

Soft & hard eggs
Scrambled eggs
Griddle-fried eggs
Assorted omelets
French toast
Potato sticks
Ham steak
Oven-fried bacon
Assorted cereal
Assorted yogurt

Assorted yogurt

Pastry bar
Bread bar
Beverage bar

Lunch

Southern-fried catfish
Roast beef
Baked macaroni
and cheese
Mushroom gravy
Asparagus

Mixed vegetables
Pasta fagioli soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

Dinner

Corn dogs
Sloppy joes
Potato wedges

Corn
California-blend
vegetables
Pasta fagioli soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

SATURDAY

Continental Breakfast

Oatmeal
Assorted cereal
Assorted yogurt
Bread bar
Beverage bar

Griddle-fried eggs
Assorted omelets
Pancakes
Chili macaroni
French-fried fish
Roasted pepper potatoes
Herbed green beans
Carrots
Minestrone soup

Salad bar
Bread bar
Beverage bar
Assorted desserts

Dinner

Braised pork chops
Fried chicken
Mashed potatoes

Chicken gravy
Cauliflower
Broccoli polonaise
Minestrone soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

SUNDAY

Continental Breakfast

Pastry bar
Assorted cereal
Assorted yogurt
Bread bar
Beverage bar

Griddle-fried eggs
Assorted omelets
French toast
Oven-fried bacon
Cheeseburger macaroni
casserole
Pizza puffs
Calico corn
Mixed vegetables

Chicken noodle soup
Salad bar
Bread bar
Beverage bar
Assorted desserts

Dinner

Turkey
Country-style steak

Chicken gravy
Mashed potatoes
Asparagus
Peas and carrots
Chicken noodle soup
Salad bar
Bread bar
Beverage bar
Brownies

The food service officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit timely use of perishable foods.

CPSC, industry, safety groups mark baby safety month

WASHINGTON, D.C. - September is Baby Safety Month. The U.S. Consumer Product Safety Commission (CPSC), the Juvenile Products Manufacturers Association, Inc. (JPMA), Babies “R” Us and other child safety organizations are marking Baby Safety Month with the launch of an information campaign on water safety and preventing drowning in and around the home.

“Mention drowning hazards, and most likely the first thing that comes to mind is the dangers of backyard pools,” said CPSC Chairman Hal Stratton. “In recent years, an average of about 250 children under 5-years-old drown in pools nationwide each year, but about 115 additional young children drown in other products in and around the homes - including bathtubs, buckets, toilets, hot tubs, spas and other containers.”

As part of the campaign to prevent these drowning deaths, CPSC is providing safety tips for parents and caregivers. A main feature of the campaign is the distribution of a new color pamphlet on water safety tips. Babies “R” Us provided nearly 200,000 of the color pamphlets in English and Spanish to the commission, and is distributing additional copies throughout their 188 Babies “R” Us stores and 679 Toys “R” Us stores.

JPMA, the creator and sponsor of Baby Safety Month, is a national trade organization of more than 400 companies in North America. JPMA uses Baby Safety Month to reach childcare providers with safety education messages through in-store Baby Safety Month promotions. JPMA provides retailers with promotional kits that include tools and information to hold successful educational seminars and other activities.

In addition to JPMA and Babies “R” Us, other organizations partnering with the commission are First Candle/SIDS Alliance, the National SAFE KIDS Campaign, Kids in Danger, and the Danny Foundation. These organizations are using their grassroots networks to distribute this safety information.

In-Home Drowning Prevention Tips include:

- Never leave a baby alone in a bathtub for even a second. Always keep the baby in arm’s reach. Don’t leave a baby in the care of another young child. Never leave to answer the phone, answer the door, to get a towel or for any other reason. If you must leave, take the baby with you.

- A baby bath seat is not a substitute for supervision. A bath seat is a bathing aid, not a safety device. Babies have slipped or climbed out of bath seats and drowned.

- Never use a baby bath seat in a non-skid, slip-resistant bathtub because the suction cups will not adhere to the bathtub surface or can detach unexpectedly. Babies could tip over and drown.

- Never leave a bucket containing even a small amount of liquid unattended. When finished using a bucket, always empty it immediately. Don’t leave buckets outside where rainwater can collect in them. Young children can drown in a small amount of water.

- Store buckets where young children cannot reach them. Buckets, accessible to children, that are left outside to collect rainwater are a hazard. Toddlers have fallen headfirst into 4- and 5-gallon buckets and drowned.

- Always secure safety covers and barriers to prevent children from gaining access to spas or hot tubs when not in use. Some non-rigid covers, such as solar covers, can allow a small child to slip in the water and the cover would appear to still be in place.

- Keep the toilet lid down to prevent access to the water and consider using a toilet clip to stop young children from opening the lids. Consider placing a latch on the bathroom door out of reach of young children.

- Learn CPR (cardiopulmonary resuscitation) — it can be a lifesaver when seconds count.

To get a free copy of the Water Safety Tips pamphlet, write to the commission at publications@cpsc.gov or call our hotline at (800) 638-2772.

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Afghan national army key to Afghan nationalism

By **JIM GARAMONE**
American Forces Press Service

GARDEZ, Afghanistan — The Afghan National Army is one key to extending the interim government’s influence throughout Afghanistan. Defense Secretary Donald H. Rumsfeld met a platoon of that army during a visit to the Provincial Reconstruction Team headquarters here today.

A group of U.S. Army reservists and guardsmen is furthering the training the platoon has received. “They are doing very well,” said Army Maj. Mike Whetstone, commander of the effort. Whetstone’s group of six soldiers is attached to the 10th Mountain Division.

Officials said the Afghan army has about 5,000 soldiers. It reports to the interim government headed by Hamid Karzai. It is one of the few “national” efforts in Afghanistan. The idea is that the army will take over security functions from the militias each provincial governor maintains. Those militias owe loyalty not to the government, but to the governor. Other militias simply report to a warlord, coalition officials said.

Though some of the militias are trained, others resemble gangs of thugs, and the idea is for those militias ultimately to be replaced by security forces loyal to the government, officials in Kabul explained.

U.S. Special Forces soldiers trained the U.S. reserve component group in Gardez at the Afghan army camp near Kabul.

Most Afghans had military experience before joining the force, Whetstone said. “What they have now is tactical knowledge and the discipline to know when to

use that knowledge,” Whetstone said. The group has been working with the platoon for three months.

Though some ethnic groups in Afghanistan do not get along well, the platoon in Gardez has soldiers from every region, group and tribe in Afghanistan.

“Gardez is a Pashtun area,” Whetstone said. “We can’t tell the difference (among the ethnic groups), but they can. And it’s good for the people here to see the Tajiks, and Uzbeks and Pashtuns working together in the army.” Under the guidance of U.S. Special Forces soldiers, the platoon has participated in combat operations. The trainers do not accompany the platoon into combat, but the special operators give the Afghans a review of their performance. “It’s not ideal,” Whetstone said. “But it works.” And the people of Gardez are happy to see the soldiers. “I went out into a local town and this one older man comes up to me and grabs my hand,” Capt. Steve Poland, another trainer said. “I was a bit worried, because it is still a dangerous place. But he placed my hand up to his forehead and said ‘Thank you for being here.’ And he went up and did the same thing for the ANA commander.” When people realize the new soldiers in town are government forces and are not there to take advantage of them, they truly embrace the troops, said a Special Forces member at Gardez. “It does send the right message,” he noted.

Senior defense officials said they will speed up training more units for the Afghan National Army. Afghans and coalition officials alike expressed hope that this will speed the process of national government control.

CROSSWORD

ACROSS

- 1. Chest muscles
- 5. Fees
- 9. Type of fur
- 14. Rock band: Quiet ____
- 15. Semitic language
- 16. Beg
- 17. Look
- 18. Filippo ____, saint
- 19. Texans remember
- 20. “____ Stranger,” 1952 Bette Davis film
- 23. A butterfly or a dog paddle
- 24. Flatfish
- 25. Tax collector
- 27. Suitable for plowing
- 32. Moses’ elder brother (Bible)
- 36. Fabrics
- 39. Earn
- 40. Vonnegut novel
- 43. Friends (French)
- 44. To indicate under-standing
- 45. Frederick ____, French statesman
- 46. Gaped
- 48. Bandage brand
- 50. Redheaded country star
- 53. Passionate
- 58. 1953 Morton Thompson best seller
- 62. Confines
- 63. Urgent
- 64. God of fire (Hindu)
- 65. Elicit
- 66. Lyrics
- 67. Tai
- 68. Places for Boy Scouts
- 69. Comes across
- 70. Goidelic language of Ireland

DOWN

- 1. On the theater
- 2. Type of skating figure
- 3. Hue
- 4. Takes dictation (abbr.)
- 5. Performing artist
- 6. In urine
- 7. Duke of ____ (plural)
- 8. Rice grass
- 9. More unoccupied
- 10. Quick tempo (abbr.)
- 11. Smile radiantly
- 12. The Dalai ____
- 13. Tokyo (alt.)
- 21. Just making it
- 22. Mr. Gordon’s “electric” first name
- 26. Pre-college tests
- 28. Water (Spanish)
- 29. Low male voice
- 30. Falsehoods
- 31. Makes you green
- 32. Right now (abbr.)
- 33. ____ mater, one’s school
- 34. “____ Man,” Hoffman and Cruise film
- 35. Remove
- 37. Honey maker

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
23								24						
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32	33	34	35			36	37	38			39			
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46					47				48	49				
					50		51	52		53		54	55	56
									61					
62							63					64		
65												67		
68														

- 38. Location
- 41. Enwraps
- 42. Classical music
- 47. Removes, mainly by pencil
- 49. Lovingly hold
- 51. Bar ____, West Indies
- 52. Next to
- 54. Enzyme
- 55. English actress Samantha ____
- 56. Spanish babies
- 57. Cycle
- 58. Ryukyu Islands city (Japan)
- 59. Old Irish alphabet
- 60. Not permanent (abbr.)
- 61. A maple is one
- 62. Reciprocal of a sine (abbr.)

Answers

E	S	H	E		S	E	S		S	W	V	C
K	V	S			S	E	O		E	W	H	S
I	N	G	V		E	I	O		S	E	G	V
H	E	G	N	V	H	I	S	V	S	V	L	O
I	N	E	S		E	V	B		H			
					E	C	V		D	E	I	N
A	S	S	V						E	S	I	W
A	E	S	O	H		E	I	H	O	N	V	T
N	I	V	O		S	V	B		N	O	H	V
E	T	B	V		V	V			H	I		
					E	T	O	S			O	H
	V	W	O	B		T	T	V	C	E	N	O
O	W	V	T			I	B	N		E	T	O
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E	T	B	V		S		N		S	C	E	P



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Perform to serve, streamlining the service

PEARL HARBOR, Hawaii (NNS) — Since the inception of the Navy's force-shaping initiative, Perform to Serve (PTS), Navy Personnel Command processed applications for more than 14,000 first-term Sailors, approving 9,800 for reenlistment in rate and another 1,600 for conversion into undermanned ratings.

"We have had very high retention for a number of years," said Connie Civiello, policy branch head for the Center for Career Development. "We've needed to balance the skills mix in the Navy, and with high retention, it gave the Navy the opportunity to do that: keep people in and get the ratings manned to the correct percentages."

Simply put, the Navy had the opportunity and people to ideally staff each job. According to Civiello, through PTS, the Navy is getting the optimally manned force it needs, and concurrently, giving Sailors in over-manned ratings what they need — a better chance to advance.

"It moves them into ratings that aren't over-manned," said Civiello, an Uhrichsville, Ohio native. "In the long run, it should balance out the advancement opportunities in all ratings."

"Perform to Serve is occasionally misconceived as a reshaped version of an earlier Navy force shaping strategy, ENCORE, according to Capt. Chris Arendt of Long Island, N.Y., enlisted plans and policy branch head for the Chief of Naval Personnel. The programs are separate, he explained.

"The big difference is that ENCORE was a downsizing tool," said Arendt. "This particular initiative is concentrating on shaping the force — moving skills from where we have extra people to those areas we don't."

"Right now, we're only looking at CREO 3 (over-manned) ratings," said Arendt. "In the future, we may see it being spread to everyone in their first term."

Sailors in more than 40 ratings are affected and should consult with their career counselors about 15 months before their end of active obligated service (EAOS), to fill out the paperwork to have the command submit a PTS application, regardless of their intentions to re-enlist.

Once an application is complete, the career counselor sends it to the Navy Personnel Command for review. There, applicants are ranked along with all Sailors up for reenlistment within their rating. Quotas are applied based on community manning.

The rank Sailors earn is based on factors,

such as their commanding officer's recommendation, highest pay grade, frocked/pass not advanced status, and promotion recommendation.

On the initial application, Sailors must state whether or not they are willing to convert to another job. They then have the opportunity to list up to three ratings they would consider for conversion. However, if a Sailor is not willing to convert and isn't selected to remain in their current rate, the Navy will ask the Sailor to continue service in the Naval Reserves.

"What the Navy is doing is based on readiness," said Civiello. "By indicating they are willing to convert, most Sailors will increase their opportunities for reenlistment approval."

Since the inception of the program, more than 13,000 applications have been received and over 11,000 Sailors have been selected to reenlist in their rating or been approved for reenlistment through conversion.

"Sailors need to get their applications in early and be flexible about being willing to convert," said Civiello. Sailors can maximize the number of times their application is reviewed, which increases their chance at receiving a reenlistment authorization, by submitting applications early.

Applications received seven months or less before their end of service will only be reviewed once, while applications received one year prior to their EAOS will be reviewed on a monthly basis until six months before they complete their enlistment, with applications limited to six reviews. Commands receive notification of all applications' status on a monthly basis.

For more on Perform to Serve, visit www.staynavy.navy.mil or contact your command career counselor.

For related news, visit the Pacific Fleet Navy NewsStand page at www.news.navy.mil/local/cpf.

HARP, OHARP available

AGANA, Guam (NNS) — Recruiters use many tools and methods to attract and enlist capable and qualified individuals to join the ranks of the largest, most lethal sea power in the world.

Among the most successful recruiting programs is the Hometown Area Recruiting Program (HARP) and its commissioned officer counterpart, Officer Hometown Recruiting Program (OHARP).

The program's mission is to return outstanding Navy personnel to their hometowns to temporarily assist local recruiters in locating and enlisting or commissioning

qualified individuals. Personnel are returned to their hometowns for a maximum of 12 calendar days.

Hospital Corpsman Second Class Lawrence Baldwin, Naval Hospital Guam's command career counselor, said HARP allows Navy personnel just out of high school to return to their hometown and interface with their peers, and perhaps recruit them into the Navy.

"Some of them are going back and recruiting their friends," Baldwin said. "The Navy learned quite a while ago that in one year alone, they had such an impact. Our numbers significantly increased by sending junior people back to join the recruiting force."

There are two types of HARP duty scenarios - no-cost temporary assigned duty, which is the unfunded program, and funded temporary assigned duty, which finances travel and per diem for authorized personnel.

As an unfunded program, Baldwin said the government sends the authorized Sailor in conjunction with personal leave.

"Say, for example, someone here wanted to go home on leave for 20 days and they also wanted to apply for HARP duty," Baldwin explained. "Since they are already going to be home, the government is not going to pay them per diem or travel, but the additional HARP duty days won't count against them for leave. So, in addition to their 20 days of leave, they can request to take HARP duty in conjunction with that, and get a total of 32 days in their hometown and 12 of those days are not being charged against them in leave."

If a Sailor or officer has been approved for duty through HARP or OHARP, finances to include round-trip travel from their duty station to their hometown, as well as per diem will be provided for the period as determined by the funding authority.

In addition to being able to perform as ambassadors to the Navy by reaching out into their hometown community and relating their Navy experiences, Baldwin said serving HARP duty has an additional benefit for a Sailor's service record. "It makes a decent bullet on their performance evaluations," he said.

There are certain criteria that must be met by the service member interested in applying for HARP or OHARP duty. For example, the participant should be a current or former resident of, or have attended college in the area served.

Although there are no age restrictions, pay grade or rating restrictions, junior enlisted personnel are especially encouraged to participate.

As for what Sailors can expect to do while on HARP duty, Baldwin said participants should expect to visit their hometown high schools, prior places of employment and community locations where many of their peers may be gathered.

"They will do everything that the recruiter does," he said. "They go to the high schools, colleges, hang out at the malls, little parades or anything that the recruiting office is doing during that 12-day period. They definitely get involved."

Baldwin said at Naval Hospital Guam alone, he receives and processes between four to six requests annually.

The recruiters also get a benefit from the programs, according to Baldwin. "They love to get them, and it shows people, look, last year this man was a senior here at your high school, and look where he is now," he said.

For more information on HARP or OHARP duty, visit your command career counselor.

For related news, visit the U.S. Naval Forces, Marianas Navy NewsStand page at www.news.navy.mil/local/guam.

AIRPAC hosts fair

NAVAL AIR STATION NORTH ISLAND, Calif. (NNS) — Commander Naval Air Force, U.S. Pacific Fleet (CNAF), hosted more than 15 college and university representatives recently to inform staff members of Navy continued education opportunities.

CNAF Command Master Chief, Master Chief Electronics Technician James Hogan, said that continued education is not only important for the individual service member, but to the whole Navy.

"I think that hosting this education fair is

See BRIEFS page 29

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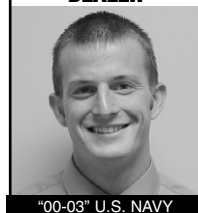
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Users of all programs, classes and services in the Fleet and Family Support Center will be required to show their military identification card at the front desk each time they enter the building. Non-military personnel who may be visiting or conducting business in the FFSC will be required to show a picture ID. If you need special accommodations to participate in any FFSC program, please notify the listed point of contact.

Resume essentials

Essentials of Resumes and Interviewing will be offered on Wed. Sept. 17 from 11:30 a.m. until 1 p.m. at the FFSC. Bring your brown bag lunch to munch on during the workshop. Two additional sessions are scheduled for Oct. 8 from 11:30 a.m. - 1 p.m. (brown bag) and 3:30 - 5 p.m. Call Ext. 129 or 100 to sign up for this informational workshop that will boost resume-writing knowledge and strengthen interviewing skills. Call Ext. 129 or 100.

Applying for a federal job

"Ten Steps to A Federal Job" will be offered according to the following schedule: For family members on Sept. 30, Oct. 29, and Nov. 14; for military members on Oct. 22 and Nov. 10. Classes are from 8:30 a.m.-4 p.m. in the FFSC. Call Ext. 129 or 100.

Consumer classes

Your Money and your Move - Sept. 16 - Learn how to make the most of your moving allowances and entitlements. Oct. is typically a big moving month in the military. Learn what you need to know, before you make all your plans. Register by Sept. 12.

Consumer classes are held from 9-11:30 a.m. in Forrestal Village Chapel. Call Ext. 208 to register for classes

Financial education

Financial education services, including Command Financial Specialist (CFS) training, command briefs, and individual financial counseling, are available in the FFSC. Call 688-3603 Ext. 147 for CFS information. For individual financial counseling or to request a financial briefing for your command, call Fred Davis at 688-3603 Ext. 208.

Healthy pregnancy, healthy baby

The focus is on the childbirth process and breathing techniques used during labor.

Attend this class during the seventh month of your pregnancy. POC is Colleen at Ext. 201.

Spouse morning out

The FFSC's Spouse Morning Out group meets every Wednesday from 9-11 a.m. in the Forrestal Village Chapel Nursery. This is a great opportunity for socializing, education, and making new friends. Activities include guest speakers on health issues, medical and dental benefit programs, and finances. There are also seasonal and holiday-theme classes, and ideas to keep the kids entertained. Contact Julie at 688-3603, Ext. 132 to learn new things, and meet and socialize with other military spouses.

New parent support

New Parent Support is available locally from the Healthy Families Division in the FFSC, Bldg. 42. They offer in-home visits and office consults to meet the needs of new and expecting parents. A prenatal class and a healthy pregnancy/healthy baby program focus on experiences during the pregnancy, the childbirth process and breathing techniques used during labor. There are also a variety of weekly playgroups to promote bonding and parent/child interaction.

For information about any of the FFSC's New Parent Support programs, call 688-3603, Ext. 201.

TAP Program

Service members and spouses who will be leaving the military are encouraged to attend a TAP class within six to twelve months before separation or retirement. This five-day seminar covers topics such as benefits, entitlements, job search preparation, resume writing, and interview techniques. Contact your command career counselor to make a reservation and to complete DD-Form 2648 (Pre-separation Checklist) and a registration form. Call RayJena Fanning at Ext. 147 for more information. Both forms are available at <https://www.ntcgl.navy.mil/fsc> on the Transition Relocation page.

Active parenting

Four sessions in this class - Oct. 2, 9, 16, and 23, from noon to 2 p.m., on the second deck, FFSC. Active Parenting is a basic parenting class that will help improve, validate or change parenting behaviors. Teaching is through discussion, video and the experiences of the participants. Skills needed for children from birth through adolescence are

included. Call Colleen at 688-3603 Ext. 201 to register or for more information.

Anger, impulse control

Four sessions in this class - Tuesdays, Sept. 30, and Oct. 7, 14 and 21, from noon to 2 p.m., second deck, FFSC. This class helps examine the sources of anger and its triggers, and explores ways to bring about behavior changes. Participants will learn new skills to address their concerns. Call Colleen at 688-3603 Ext. 201 to register or to get more information.

Healthy pregnancy/ healthy baby

The focus in this informational seminar is on the birthing process and breathing techniques used during labor. Attend this class during the seventh month of your pregnancy. The POC is Colleen at 688-3603, Ext. 201.

Visits and consults

New Parent Support offers in-home visits and office consults to meet the needs of new and expectant families. Contact one of the staff at 688-3603, Ext. 201 to make an individual appointment.

Infant playgroup

The Great Lakes Infant Minnows Playgroup meets Thursdays from 10-11:30 a.m. on the FFSC's second floor. Come join other mothers and their newborn to walker babies. Learn what to expect over the next few months. Colleen is the POC at (847) 688-3603, Ext. 201.

3-4 year old playgroup

The Dolphins meet every other Monday from 10-11:30 a.m. in classroom two on the second floor of the FFSC. This class features crafts, music and other activities to foster parent/child relations. The POC is Lynn at (847) 688-3603, Ext. 207.

Career planning

If you're a military spouse and think you may ever change jobs or return to the workforce, FFSC's Spouse Employment Assistance Program (SEAP) has a class for you.

There are a variety of programs designed to empower job seekers by making them aware of their choices, providing a plan to achieve goals and exploring employment options in today's job market. For more information, call 688-3603, Ext. 129.

Victim services

The FFSC Victim Services Program is part of the Family Advocacy Program and supports the interests of victims of domestic violence. A Victim Services Specialist (VSS) in the FFSC provides information about domestic violence, safe and confidential ways to seek assistance, and the rights of the abused. The VSS also provides support with crisis intervention, safety assessment and planning, transportation to shelters, medical and legal affairs, and support groups.

The VSS will advocate for the victim in civilian courts for orders of protection, and with commands and investigative agencies

for military orders of protection. If you need an advocate or just want more information, call Janis Brown at 688-3603, Ext. 123.

Job preparation

If you are a Navy spouse who wants to enter the job market for the first time, or one who is getting back into the working world after a spell of "stay-at-home" work, you can get an assist from the FFSC. The Spouse Employment Assistance Program (SEAP) offers classes and personal coaching on resume writing, information about job fairs, and job-hunting advice. They also have a huge library of resources for job-seekers, along with internet access for searching help-wanted sites. Contact program coordinator Debby Ludwig at 688-3603, Ext. 129.

General counseling

Licensed therapists provide assessment, referral, and short term counseling for individuals, couples, families and children. Specialized counseling is available for such issues as transition, domestic violence and sexual assault. Support groups or referral to support groups is also available. General counseling also runs the Prevention and Relationship Enhancement Program (P.R.E.P.). It is a marriage and relationship enhancement program that focuses on improving communication and problem-solving skills. Call Ext. 100 to speak to someone in general counseling. Call Ext. 107 or 126 for information about P.R.E.P. Counseling appointments are available outside of our posted office hours. Ask a counselor for more information.

Employment security

For job hunters The Illinois Department of Employment Security (IDES) has office hours in the FFSC for military spouses seeking work in Northern Illinois. If you are ready to start looking for work, call 847-688-3603, Ext. 129, to make an appointment with the IDES counselor. If there is no answer at Ext. 129, you may make an appointment with the FFSC Front Desk at Ext. 100. The IDES office hours are from 9-11 a.m. on Tuesday.

Careers for working spouses

Navy and Marine Corps spouses now have the opportunity to develop careers and accumulate benefits in spite of their mobile lifestyle, thanks to an agreement between the Navy and the nation's largest staffing company, Adecco. The program is called Career Accelerator. It provides counseling and training at no cost, and places job seekers with Adecco clients. When a family transfers, the spouse makes contact with one of the more than 1,400 Adecco offices in the U.S. to find placement in another job. As an employee of Adecco, the worker accumulates benefits such as vacation time and 401K contributions. The company places workers in a wide variety of positions, including clerical, administrative, call center, engineering, information technology and light industrial. Call 688-3603 for information.

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Aries – March 21/April 20

It's going to be difficult for you, Aries, but you need to keep your opinions to yourself when it comes to a business meeting late in the week. Speaking your mind only will get you into hot water with the higher-ups. So, just keep quiet. A close friend needs a shoulder to cry on. Be there for him or her.



Taurus – April 21/May 21

Don't let a friend's mistake upset you on Monday. The error doesn't cause you any problems, and this person knows how to deal with the situation. So, just let it go. That special someone turns to you for advice. Be honest, and try to help him or her make the right decision. Your efforts will be appreciated. Leo plays a key role.



Gemini – May 22/June 21

You're on cloud nine this week, Gemini. You don't have a lot of responsibilities, and no one is expecting anything from you. So, enjoy yourself, and splurge a little. Don't let this opportunity slip away, because things are going to get hectic very soon. Libra is involved on Wednesday.



Cancer – June 22/July 22

Try not to let your conscience get the best of you when you get angry at a loved one. This person understands how you feel and isn't hurt by what you say. So, don't beat yourself up about it. Just let it go. An acquaintance reveals his or her true feelings for you. Let him or her down gently.



Leo – July 23/August 23

You meet someone interesting early in the week, Leo. Get to know this person better, because he or she certainly can help your career. Just be yourself, and you're sure to make a good impression. A loved one invites you out late in the week. Say yes, because it's sure to be a good time.



Virgo – Aug. 24/Sept. 22

Don't be late for an important financial meeting on Wednesday, Virgo. If you are, you'll miss out on a potentially lucrative opportunity. This could be the way to increase that bank account. A close friend needs your advice about a personal matter. Listen to what he or she has to say, and be honest. Your opinion will be taken seriously.



Libra – Sept. 23/Oct. 23

You can't put off an important decision any longer, Libra. You have to make a choice. Look at all of the pros and cons, and do what you think is best. Turn to a loved one for advice if you need it. He or she won't steer you in the wrong direction.



Scorpio – Oct. 24/Nov. 22

Don't let your ego get the best of you when meeting with a business associate early in the week, Scorpio. Getting cocky only will make you look bad. So, try to be modest. That special someone needs your help with a family matter. Do what you can for him or her.



Sagittarius – Nov 23/Dec 21

Keep your temper under control when an acquaintance purposely tries to upset you on Tuesday. He or she wants to make you look bad in front of others. Don't let that happen. The person whom you've been seeing asks you an important question. Be honest — even if what you have to say won't be appreciated.



Capricorn – Dec. 22/Jan. 20

Don't be shy when a loved one introduces you to an interesting person early in the week. Try to make a good impression, because this could be the one for you. Don't be nervous; your feelings will be reciprocated. A close friend needs your help with a personal matter. Do what you can for him or her.



Aquarius – Jan. 21/Feb. 18

Try not to overanalyze an offer of help from an acquaintance. This person doesn't have an ulterior motive; he or she just wants to be there for you. Accept the assistance. Not only will you make a lot of progress, but you'll also gain a new friend. Cancer plays an important role.



Pisces – Feb. 19/March 20

While you want to help a friend who gets into trouble on Thursday, don't. Getting involved only will cause you a lot of grief. This person gets into the mess on his or her own; he or she will have to get out of it the same way. Don't feel guilty about not helping.



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Gen. Davis, Marine hero at Chosin Reservoir, dies at 88

By KATHLEEN T. RHEM
American Forces Press Service

WASHINGTON — The U.S. Marine Corps, indeed the entire country, lost an honest-to-goodness American hero Sept. 3. Retired Gen. Raymond Davis, who earned the Medal of Honor in the Korean War, died in Conyers, Ga., at the age of 88.

Davis was a hero by anybody's definition. He was the 28-year-old commander of the 1st Battalion, 7th Marine Regiment, when Chinese forces attacked at the Chosin Reservoir on Nov. 27, 1950, Thanksgiving Day. He was awarded the Medal of Honor for personally leading his men over treacherous

frozen terrain to rescue a rifle company under intense enemy fire.

According to his Medal of Honor citation, Davis "spearheaded his unit in a fierce attack up the steep, ice-covered slopes in the face of withering fire and, personally leading the assault groups in a hand-to-hand encounter, drove the hostile troops from their positions." Surrounded by the Chinese and heavily outnumbered, 10,000 Marines battled their way to safety down 40 miles of winding mountain road in sub-arctic weather. Veterans of the campaign have called themselves the "Chosin Few" ever since.

Davis had also fought in the Pacific in World War II with the 1st Marine Division. He went on to serve as commander of the 3rd Marine Division in Vietnam and retired as assistant commandant of the Marine Corps in 1972.

The retired general had a close, personal relationship with Marine Gen. James L. Jones, current commander of U.S. European Command. Davis was close to Jones' father when their families lived in France in the mid-1950s. Jones served as first-base coach on the Little League baseball team Davis managed, and their careers kept them close.

In Vietnam, Jones — then a young lieutenant — served a stint as then-Maj. Gen. Davis's aide. In an interview with American Forces Press Service that took place during the 2000 reunion of Chosin Reservoir veterans, Davis relayed a humorous story from the period.

When Davis called Jones to work at the division headquarters, he recalled, he received a letter from the lieutenant's uncle, then-Lt. Gen. William Jones, that read: "Ray, when you got Jim out of that rifle company back to be your aide, there were a lot of 'Hallelujahs'

in the Jones family." Jones later said he believed he was actually in more danger traveling with Davis, because the general always felt he needed to be where the action was.

"Gen. Ray Davis' passing represents the end of one of the defining eras of the United States Marine Corps," Jones said. "As a Marine, as a man, and as a husband and father, his legendary exploits during World War II, Korea and Vietnam significantly enhanced the reputation and ideals which will continue to define the Marine Corps in the 21st century." After Davis retired from the Marines, he became a tireless advocate for Marine issues. He stayed active in the association of Chosin Reservoir veterans and often enlisted Jones'

help on Marine issues while Jones was Marine commandant before being named EUCOM commander.

"His contributions to veterans and families since he retired from active duty were no less inspirational than were his contributions of the battlefields of our nation's wars," Jones said.

Davis is survived by his wife, Willa; two sons, Raymond Davis Jr. of Covington, Ga., and Gordon Miles Davis, who lives in Alabama; a daughter, Willa Kerr of Stockbridge, N.Y.; seven grandchildren; and two great-grandchildren. Davis' full biography is available in Who's Who in Marine Corps History.



Retired Gen. Raymond Davis

Myers, Rumsfeld eye to eye on internationalizing Iraq mission

By KATHLEEN T. RHEM
American Forces Press Service

WASHINGTON — U.S. military leaders have no reason to try to "go around" civilian defense leaders to make policy, because Defense Secretary Donald H. Rumsfeld and other leaders take their generals' advice, the top American general said here today.

Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, took to the airwaves today to refute a Washington Post article that contended he and Vice Chairman Marine Gen. Peter Pace conspired with Secretary of State Colin Powell to get President Bush to rule against Rumsfeld in requesting a U.N. resolution on Iraq.

"The article just totally mischaracterizes the process that we go through in this government to come to any sort of conclusion on any subject," Myers said in an impromptu press conference on the steps of the Pentagon.

The chairman explained that his charge, as well as that of the rest of the Joint Chiefs, is to give advice to senior civilian leaders, including Rumsfeld and the president. "They listen to our advice, and we have a great dialogue," Myers said. "Any hint that anybody in the United States military is going around the civilian chain of command to get things done is absolutely false."

Speaking at the State Department, Powell echoed the chairman's comments. "The (Washington Post) story can't be characterized as inaccurate, because it is absolute fiction — total fiction," Powell said in a press conference with Italian Foreign Minister Franco Frattini. "It didn't happen, and there was no need for any such collusion."

At issue is the administration's seemingly changing course on wanting a U.N.

resolution to provide a larger international security force in Iraq. Not so, Myers contends — a large international presence has always been the U.S. goal in Iraq.

"You've heard the secretary say we want an international effort," Myers said. "(And) you've heard him say we have an international effort." The chairman noted there nearly 40 countries provide security forces in Iraq, and others provide forces and support in other areas.

Powell said the idea of a further Security Council resolution has been floating among national security officials for "many, many weeks."

Furthermore, Myers said, there was no reason for the Joint Chiefs to try to outsmart Rumsfeld and other defense civilian leaders, because he and the secretary have always agreed on this issue. "I don't think there has been any daylight (between) the secretary and myself on this issue," he said. "No daylight."

The issue of security in Iraq is complicated by the fact that the situation varies greatly from one region of the country to another. "In the south — very stable; in the north — very stable," Myers explained. "It's in the Baghdad area to Tikrit, O that's where the issue is. So O we can't say Iraq's security situation is all going to heck in a hand basket; that is not the situation."

Several factors lead to a need for more international troops, as opposed to increasing numbers of American forces. "It has a lot to do with the Iraqi people and how they perceive coalition forces in there," Myers said. "And I think the last thing we want is for them to believe this is a mission of the United States."

"It's much bigger than that. It already is an international effort, and we want it to be an international effort," he added. "It's so important for the international community to pull together on this."

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Briefs

(Continued from page 25)

important for several reasons," said Hogan. "A continued education allows Sailors to get the most out of their naval service. Additionally, it helps Sailors become well-rounded and productive members of the community. I firmly believe that the more education a Sailor has, the faster he is advanced, and ultimately, the Navy's retention levels are higher."

Throughout the morning, CNAP personnel took the time to stop and talk with representatives from the various schools.

Avionics Technician First Class Jason Rice said he did not want to make any more excuses to himself for not exploring further educational options. "Coming to the education fair has given me the extra push I needed to continue my education," said Rice. "I've been thinking about going back to school for a long time. When I found out that this education fair was coming to my command, I realized that I had no excuse not to attend."

Aviation Maintenance Administration First Class Ronald Tranbarger said he was never aware of all the resources available.

"I didn't realize that there were so many colleges willing to come out and show me just how easy it is to get started on my degree," said Tranbarger.

Many local colleges, including Southwestern Community College, Vincennes University, Thomas Edison State College, National University and University of Phoenix were on hand to answer questions and help with enrollment forms.

Many of the programs offered are tailored to meet the demanding schedules of the service members. Counselors at the Navy College office are available by appointment to work with service members to figure out how they may pursue their educational goals.

Lt. Cmdr. Janet Gallagher said that having the fair come to the command makes it easier for service members to fit continuing education into an already busy work schedule.

"I think people get so wrapped up in their jobs that they don't always find the time to continue their education," said Gallagher. "This fair gives the whole staff a chance to come out and see and talk to a representative face to face. That helps to get people energized. They get excited and realize that the people sitting behind these tables are here to really help."

Navy College has programs available that offer classes at two-month intervals, so that Navy personnel can complete classes faster with less impact on their daily schedules. There are also classes available during

lunch hours and after work, so students can work full time and still set aside the time to go to school.

Karen Coutts, an advisor at the Navy College office on Naval Air Station North Island, said that military students have a real advantage over the everyday non-military student.

"Service members can get their associate's degree fairly quickly, work towards their bachelor's and master's, and it's all paid for by the Montgomery G.I. bill and Tuition Assistance," she said. "They can go online and actually do reviews for the SATs or the DANTES exams, and then go take the tests as many times as they want - and it's free."

"Plus," she added, "they can do it all at their own speed and their own time rather than sit in a classroom for eight weeks."

For more information about Navy educational opportunities, please contact the Navy College Office at 619-545-9589.

For related news, visit the Commander, Naval Air Force, U.S. Pacific Fleet Navy NewsStand page at www.news.navy.mil/local/airpac.

Sailors staying SAFE

ABOARD USS THEODORE ROOSEVELT (NNS) — "Impair" and "judgement" are two words Sailors aboard USS Theodore Roosevelt (CVN 71) were told to live by during a Street Smart presentation given by members of Stay Alive From Education, or SAFE, Aug. 26-28.

Statistics show the leading group of drivers who are involved in car crashes because of impaired judgement is 18-29

See BRIEFS page 30

Assistance available from Naval Hospital to new mothers

Women who are breast-feeding for the first time should be seen at the Breast-feeding Clinic within one to two days after discharge from the hospital.

Moms having any difficulties with breast-feeding should call TRICARE at (800) 941-4501, and ask for an appointment with a health care provider on the gold team, or call (847) 688-5424, Ext. 3129. Getting help right away can make all the difference.

Breast-feeding classes will be held at the Great Lakes Naval Hospital the second Tuesday evening of the month at 7 p.m. Call (847) 688-2255, Ext. 3129. Dads are welcome.

Going back to work mothers should call (847) 699-5424, Ext. 3129 for information about working and breast-feeding.

Breast-feeding classes are currently being offered as part of the prenatal classes at the Family Service Center. Also offered are home visits for breast-feeding mothers. Call Nancy at 847-688-3603, Ext. 206 for information

Pregnant or breast-feeding women who want a personal breast-feeding consultation should call TRICARE at (800) 941-4501 and ask for an appointment with Louise Ryssmann PNP (Tell them it is a well baby appointment.)

A breast-feeding support group will be held the second Wednesday of the month at 7 p.m. in the Naval Hospital One East conference room. The group will also meet once a month on the last Thursday of

the month at 11:30 a.m., at the same location. These groups are designed to provide a network for breast-feeding Navy mothers, and to give information on breast-feeding. Call (847) 688-2255, Ext. 3129 if interested in attending. This is also a breast-feeding "warm line," where people can call and get answers to their breast-feeding questions 24 hours a day, seven days a week.

Leave a message for a lactation specialist, and the call will be answered as soon as possible, either before or during the next working day (Monday through Friday). If the concern is urgent, call TRICARE at (800) 941-4501, Ext. 3.

Breastfeeding mothers can get help with food supplements. Also, mothers who breast-feed and stay home can get a small breast pump, that they can use to occasionally pump their breasts.

Mothers who work full-time, and need to pump at work to maintain their milk supply, can get an electric breast pump with double pumping capabilities.

Those who have a premature infant who cannot nurse can get an electric breast pump to maintain the milk supply until the infant is able to nurse. Call (847) 688-5879 for more information.

The Navy and Marine Corps Relief Society also has a visiting nurse program, and a registered nurse will make home visits to breast-feeding mothers. They also give out free layette sets. Call Sheryl at (847) 688-6830 for information.

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Briefs

(Continued from page 29)

year-olds. The average age aboard *TR* is 19, making drinking and driving an issue Sailors needed to hear more about.

A duo who had already successfully stamped their presentation into the minds of high schoolers and college students throughout the country, Vince Easevoli and Scott Neusch, both firefighter-paramedics from Florida, began making the Street Smart presentation several years ago.

Sailors from all over the ship were required to attend the 70-minute presentation, given just before the Labor Day weekend. The material was presented four times a day throughout the three days.

Street Smart was initially intended to brief high school students on the driving hazards that go along with prom weekend. The idea was to present a different and more hands-on approach rather than the routine lectures.

Street Smart is considered by many to be the premiere driving awareness program. It provides an “in-your-face,” dramatic, and often-times gruesome inside look at victims and their experiences with being intoxicated, not wearing a seat belt and crashing their vehicles.

The horrific, graphic images and descriptions are meant to shock the members of the audience and hopefully deter them from making a choice that could wind up getting them into a similar situation, according to Neusch.

Machinist Mate Fireman Leslie Norman, a volunteer from the audience during one of the presentations on *TR*, never used to wear a seat belt.

“This has impacted me in a big way, because I’m not ever even going to think twice about wearing my seat belt again,” Norman said. “I think people need to see the real images, and as bad as they are, they can do some good.”

“If you haven’t had this type of lecture since high school, you may have forgotten about the reality of it all, and think, ‘It can’t happen to me,’” Neusch said. The program packs such a heavy punch that it is shown not only to high schools, but at colleges, as well. Since the Miami-Dade County firefighter-paramedics who originated the program knew they had to offer the program on a much larger scale, the non-profit organization SAFE was born.

The SAFE organization, in conjunction with the Street Smart program, has grown so large that funding from Hoffman Beverage Company has allowed the members of SAFE to take their Street Smart presentation anywhere in the country. They are the main sponsor for the program, as part of the company’s commitment to fight underage drinking and drunk driving.

“I think it’s safe to say I won’t ever hesitate about wearing my seat belt again,” said Airman Apprentice Jeffrey Tate. “It was a great presentation. It was a real wake up call when they described the feeling of shards of glass ripping through flesh.”

The message apparently got through to the crew members, too, because no alcohol-related incidents were reported over the holiday weekend.

For related news, visit the USS Theodore Roosevelt (CVN 71) Navy NewsStand page at www.news.navy.mil/local/cvn71.

Command plays key role

ABOARD USS BLUE RIDGE, At Sea (NNS) — Commander, Mine Warfare Command personnel from Corpus Christi, Texas, embarked aboard USS Blue Ridge (LCC 19) Aug. 16 to take part in the joint training exercise Ulchi Focus Lens (UFL) 2003.

UFL 2003 was a combined and joint computer simulation-driven exercise, involving the United States and the

Republic of Korea (ROK) Combined Forces Command. It was designed to help both militaries work together better, and refine their procedures for emergency situations.

“I think UFL is a tremendous learning experience and an excellent opportunity to exercise my staff in a combined operation with the ROK navy,” said Capt. Barry Dagnall, commander, Mine Countermeasures Squadron 1. For UFL, he assumed the position of Commander, Task Force 777 - Mine Warfare. “It’s one of my key opportunities to engage my counterparts in the ROK navy.”

According to Chief Mineman (SW) Jeff Hernandez, the Mine Warfare Environment Decision Aid Library (MEDAL) operator and tactician, Mine Warfare Command’s role is critical to the safety of operating forces participating in UFL. MEDAL tracks and maintains mine location information.

“If information about our missions got out, it would be detrimental to national

security, the security of our ships, the freedom of the seas and open navigation,” he said.

He added mine countermeasures make getting Marines to shore safer, critical waterways more reliable, and controlling opposition more feasible.

“We keep all area routes open for safe passage and navigation through offensive and defensive mine warfare,” said Hernandez. “Offensives are intended to prevent the enemy from laying mines. Defensive is designed to reduce the threat from mines after they’ve been laid by the enemy.”

Intelligence Specialist First Class Bob Heminger helped the team by providing information they use to update the computers.

“I tell operators what type of mines are in the enemy (inventory),” said Heminger. “Their job is to find mines and neutralize them, so we can land Marine forces.”

WHAT happened WHEN A look back at historic Great Lakes

40 years ago

Pay increase set for Oct. 1

Oct. 1 has been definitely set as the effective date of the pay bill regardless of when it is actually passed. The pay raise would be retroactive to this date if passage is delayed in Congress. So far other pressing issues have been facing Congress. The nuclear test ban, tax cut, civil rights and the rail strike are several important issues before Congress. The Senate and House of Representatives originally passed separate military pay bills.

20 years ago

Block party a huge success

Thousands of Great Lakes families enjoyed the events of the Labor Day Block party last weekend at the Family Activity Center, Bldg. 2600. The day started off with the Fun Run in the morning where families predicted their finishing time before they ran the one-mile jog. The “Open Country,” the Navy Country Western Band, kicked off the musical entertainment. They were followed by “Low Country Express” and “Holiday” the Navy Rock Band.

30 years ago

NCCHS holds Navy Day

For the third year North Chicago Community High School is slated to honor the Navy from Great Lakes Naval base at the home opener Saturday, Sept. 15. Over 500 Navy men in uniform are expected for the event. At noon, the naval contingent is scheduled to march out of Great Lakes. The group will include 500 recruits in uniform who are the guests of the school as well as the RTC Drill Team and Drum and Bugle Corps.

10 years ago

CFC campaign kicks off

The Combined Federal Campaign (CFC) kicked off Tuesday at NTC with an agency fair in the Bldg. 4 gymnasium, which showcased over 60 charitable agencies supported by the campaign. Capt. Martin T. Barco Jr., commanding officer of the Naval Dental Center, addressed those who attended. Barco indicated in his remarks that this year’s goal is to contact 100 percent of the federal employees, to ensure that everyone gets the information they need to make an informed decision about contributing to the campaign.

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Remembering 'El Alamo'

American Forces Press Service

FORT BRAGG, N.C. — The Texas flag that flew over the Alamo in San Antonio during last year's Sept. 11 remembrance ceremonies has added more history to its legacy.

The flag, returned this summer for permanent display where a small band of Texas volunteers defied Mexican dictator Santa Anna's army of thousands for nearly two weeks during 1836, now boasts seven months of battlefield duty in the war on terrorism.

The odyssey began when Army Sgt. 1st Class James Michael Mauldwin of the 7th Special Forces Group here learned his unit was about to deploy to Afghanistan. Mauldwin began searching for small Texas flags to put on his team's vehicle antennas. When his search came up short, the Alamo Society stepped in. The society offered Mauldwin and his fellow soldiers in Special Forces Operations Detachment-A 762 eight small Texas flags, as well as full-size U.S. and Texas flags that flew over the Alamo during ceremonies recognizing the first anniversary of the Sept. 11, 2001, terrorist attacks.

After deploying in late September 2002, the team officially raised the Texas flag over its firebase, which was dubbed "El Alamo." The firebase, within two kilometers of the Pakistani border in Afghanistan's Paktika Province, saw heavy action during the next 56 days, receiving more than 59 rocket attacks.

When the firebase was closed in mid-

December, Mauldwin transferred the colors to his vehicle for a seven-day journey to Kandahar.

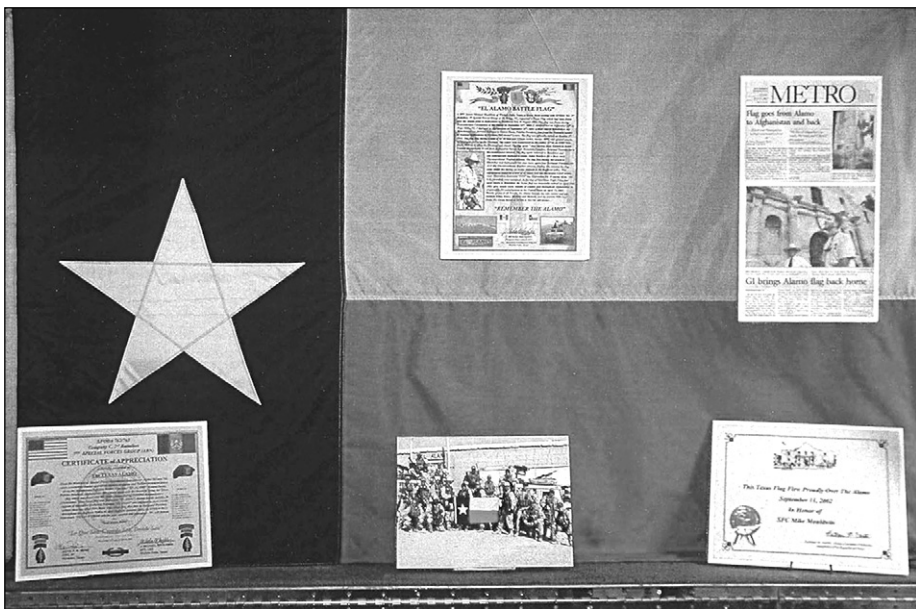
From there, the flag accompanied the team to Helmand Province for a special reconnaissance mission, then into Zabol province for an unconventional warfare assessment mission in January.

The "El Alamo Battle Flag," as it came to be called, flew once again from Mauldwin's vehicle when the detachment, along with six other special forces detachments, moved into Baghran Valley in Helmand Province the next month. Two days into the reconnaissance mission, the soldiers were ambushed and engaged in a 43-hour battle.

About a month later, the flag — by then well known by U.S. forces throughout Afghanistan — accompanied the team as it returned to Kandahar to prepare for redeployment to the United States. On April 13, El Alamo was honorably retired after seven months of combat duty.

This summer, Mauldwin and three of his children returned to San Antonio to return the flag to the Alamo Society administrator.

"The flag began its journey at the Alamo, and it's only fitting that its story should end there," he said. "The flag represents not only the men, women and children who died on Sept. 11, but also the Green Berets of the 7th Special Forces Group and their dedication to protecting freedom and freeing the oppressed around the world." The flag is now on permanent display at the Alamo.



The El Alamo battle flag flew alongside the U.S. and Afghanistan flags at Firebase El Alamo. The flag remained there till mid-December 2002. The El Alamo battle flag was then returned to the Alamo in San Antonio for permanent display this summer. *Photo courtesy of Alamo staff*

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Foreign policy goal is to build partnerships, promote democracy

By **SGT. 1ST CLASS DOUG SAMPLE**
American Forces Press Service

WASHINGTON — The administration's national security policy is one of pre-emption and partnership, but its central goal is to promote democracy throughout the world, Secretary of State Colin Powell said here recently.

"As the president says, and as anyone can understand, if you can see a clear and present threat, a danger coming at you, you do not wait for it to arrive. You deal with it, you pre-empt, you don't wait for it to strike," Powell explained in a session with George Washington University students, faculty and alumni. "It is not a new concept, but it took on new meaning in light of the changed world we faced after 9-11."

However, he added, the president's national security strategy covers far more than just pre-emption. "Above all, the president's strategy is a strategy of partnerships," he said while discussing U.S. relationships with Russia, China, North Korea, and India, as well as issues involving the Middle East and Asia and the war of terrorism.

Powell had earlier taken part in a ribbon-cutting ceremony that officially opened the university's new Elliot School for International Affairs. The secretary earned his master's degree in business administration from the school in 1971, and was given an honorary doctorate in public service by the school in 1990. A plaque will be placed at the Elliot School in the secretary's honor.

Citing relationships with NATO and the United Nations, Powell said President Bush's foreign policy "strongly affirms" the vital role that partnerships have throughout the world, but he added that the president's strategy also calls for "new partnerships — alliances to meet new challenges," which demand a U.S. role in helping to solve regional conflicts.

"We cannot just sit back behind our oceans and not take note of problems that are out there that we can play a leadership

role in solving," he said. "Not only do such conflicts cause so much suffering, they can spread; they can spread to envelop societies that are now at peace, and they can stoke the fires of terrorism as well."

Powell said that nowhere is the U.S. role in helping to resolve regional conflicts more important than in bringing Israelis and Palestinians to a stable peace settlement.

"We have a plan. It's called a road map. And we stand by that road map," he said. "That road map has been agreed to by the Israelis and the Palestinians. It has been endorsed by an organization that we created — a new partnership that we created, called a Quartet: the United States, the United Nations, the European Union and the Russian Federation. Also, Arab nations (are) joining in support of the road map."

"We need to keep the pressure on both sides to do everything they can to get to that point where Israelis and Palestinians can live side by side in peace — Israelis in the state of Israel, Palestinians in a state of their own, called Palestine," he said.

"It has not been an easy journey so far, and it will not be easy as we move ahead. Many problems remain," he said. The secretary added that Palestinian chairman Yasser Arafat has not been helpful. "He has not been an interlocutor for peace over the years," he said. "His actions do not move the parties farther down the road to peace."

Powell said another goal of the administration is to wipe out terrorism, saying that the president understands "terrorism is not just America's problem, it is everyone's problem. It is a problem for the civilized world, and the civilized world had to come together, under his (the president's) leadership, to deal with it." He cited recent terrorist attacks at a resort in Bali, on a bus filled with children in Jerusalem, a Bombay marketplace, at U.N. headquarters in Baghdad, and in front of a sacred mosque in Najaf, Iraq, to show that terrorism knows no borders.

"Our grief knows no borders. Neither does our determination to put an end to

such outrages against innocent people. The war on terrorism is our No. 1 priority, and will remain so for as long as is necessary," the secretary said.

But despite the recent terrorist attacks, he added, the United States is making progress toward succeeding in the global war on terrorism.

Powell also stated that political accomplishments in Afghanistan and Iraq are not without cost. "I know that the president is deeply grateful, as are we all, for the outstanding service and the painful sacrifices that American men and women in uniform are making in Iraq and in Afghanistan."

"We are grateful, too, for the service and sacrifices being made by the soldiers of dozens of other nations who are also contributing to the effort," he said.

"Every loss that we suffer becomes a stone in the citadel we are building against terrorism and against hatred. None of these lives (has) been lost in vain."

During his address, Powell provided several examples of how the United States has been working to improve relationships with other countries, such as Russia, China, North Korea and India.

"Our relationship with Russia has been dramatically transformed for the better since that November evening in 1989 (when the Berlin Wall fell). Americans and Russians no longer point growing arsenals of strategic missiles at one another."

"Indeed, thanks to President Bush and President Putin's leadership, we are now radically reducing our strategic weapons arsenals," he said.

Powell also cited new relationships between Russia and NATO, from sharing intelligence on terrorism to working together to deal with humanitarian crises and peacekeeping tasks. "The NATO-Russia Council is operational and working, something that would have been absolutely unthinkable just 15 or so short years ago," he said.

However, the secretary said, the two countries still do not agree on everything. He said that earlier this year, the United States was hopeful of Russian support on Iraq policy and that the United States wants Russia to change its attitude toward the Iranian nuclear program. "And we differ over aspects of Russian policy in Chechnya," he said. "But the relationship as a whole is no longer locked in 'knee-jerk' antagonism. That's what's important," he added. "We now have the necessary level of trust required to solve even the most difficult issues that exist between us."

With India, Powell said that recent economic reforms are setting "institutional roots" and that country is developing into a mature market economy. "We want to work with India," he noted. "We want to help India overcome its challenges, and we want to help ourselves with a closer association with one of the world's richest and most ancient cultures."

He added that the world's two largest democracies are no longer "estranged as they had been for many years."

Powell said that U.S. relations with China had improved over the years, but the United States has not ignored basic differences with China on human rights practices, proliferation activities or reluctance to match political reform to economic reform. He said the relationships have improved because the United States welcomes "the emergence of a strong, peaceful and prosperous China," and seeks a constructive relationship. "Indeed, we welcome a global role for China, so long as China assumes the responsibility commensurate with that role," he observed.

Regarding North Korea, however, the secretary said the United States still has a long way to go before achieving success in dealing with that country's nuclear weapons program. "We have no intention of invading or attacking North Korea, and we have told our partner and the North Koreans that."

DoD approves use of bugle

The Department of Defense announced recently it has approved the use of the ceremonial bugle as an alternative to the recorded version of Taps played on stereo at military funerals. The decision was made by the Principal Deputy Under Secretary of Defense Charles S. Abell based on positive survey results from a six-month test of the bugle.

The ceremonial bugle consists of a small cone-shaped device inserted deep into the bell of a bugle that plays an exceptionally high-quality rendition of "Taps" that is virtually indistinguishable from a live bugler. The department worked with private industry to invent the bugle.

Missouri was selected to test the bugle because of its well-established state-run military funeral honors program. The test was conducted from Nov. 2002 to May 2003. Fifty prototype bugles were distributed to military units and other authorized providers of funeral honors, such as veterans' service organizations.

During the test, family members and

honor guard members were surveyed to gauge the dependability and acceptability of the ceremonial bugle. The resulting data indicated that the system is reliable and endorsed by over 96 percent of the families surveyed.

The ceremonial bugle will be offered to families as an alternative to the pre-recorded Taps played on a stereo, but will not be used as a substitute for a live bugler when one is available. Live buglers will continue to play at veterans' funerals whenever available.

The Department of Defense provides military funeral honors free of charge to thousands of veterans' families each year. The ceremonial bugle is intended to enhance the dignity of military funeral honors. These honors demonstrate the nation's deep gratitude to those who, in times of war and peace, have honorably served their country. The ceremonial paying of respect is a final tribute to their service. For more information on the bugle, click on <http://www.ceremonialbugle.com>.

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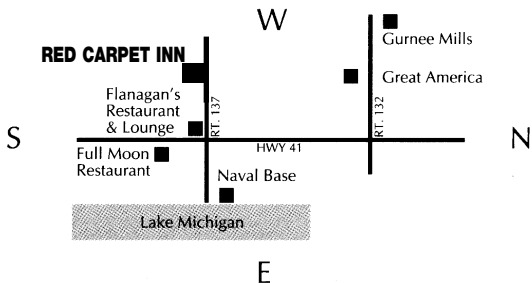
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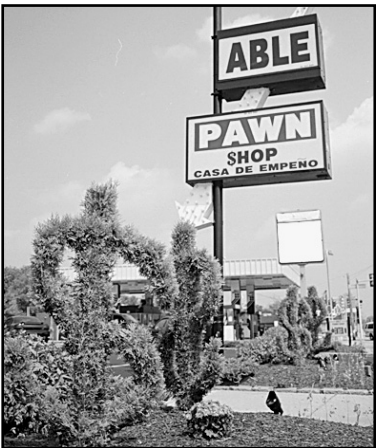
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